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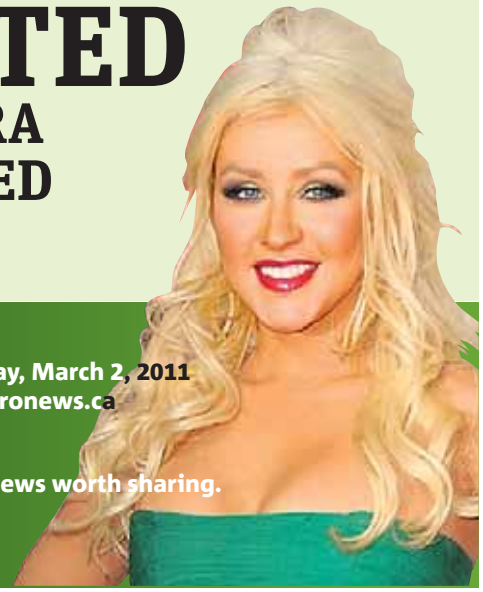
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HOW TO ROCK THE ROCK
A GORGE-SPANNING ZIP LINE {page 14}



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HALIFAX metro®
Wednesday, March 2, 2011
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News worth sharing.

Goal. Euphoria



▶ St. F.X. forward — and former Mooseheads fan favourite — Bryce Swan celebrates his game-winning goal against the Saint Mary's Huskies during the third period of last night's AUS playoff hockey game at the Halifax Forum. The X-Men won the game 3-2 and took a 2-1 series lead. More coverage, page 22.

RYAN TAPLIN/METRO

X-Men slip past Saint Mary's

MacRae to plead guilty today

CBC reports it will be for second-degree murder {page 3}

Pulled pork meets its match

The pulled-beef sandwich goes down well with a beer {page 20}

Halifax sailors off to Libya

HMCS Charlottetown will take about a week to reach the Mediterranean ◐ Frigate to leave Halifax at 10 a.m. today

About 240 Halifax sailors will kiss their loved ones goodbye as they head off to Libya this morning.

Halifax-based HMCS Charlottetown's deployment on Operation Mobile was announced in the House of Commons yesterday by the Harper government.

The Charlottetown, with a Sea King detachment on board, will join an international flotilla that's assembling off Libya with a hazy mandate that could include delivering relief, rescuing people or possible military action.

It will bolster a naval force expected to include the American aircraft carrier USS Enterprise and the USS Kearsarge, an amphibious assault ship with more than 700 marines aboard.

Defence Minister Peter MacKay acknowledged that by the time the frigate arrives, its mission could change to enforcement of United Nations sanctions — or more.

"If sanctions deal with certain blockades and certain military going into the region, we are there for all inevitabilities," MacKay said.

"NATO is looking at this as well. We have other countries that have ships in the region as well. So this is taken as a precautionary and staged measure."

RYAN TAPLIN/METRO



▶ The HMCS Charlottetown sets sail for Libya today.

Libya closing its doors?

An Air Force C-130J Hercules was waved off its mission yesterday about halfway between Malta and Tripoli.

▶ At least two civilian aircraft chartered by the Foreign Affairs Department left the chaotic African country with no passengers.

Liberal Leader Michael Ignatieff said direct military intervention in Libya should be a last resort for western powers.

"I've made it clear Canada should be part of the solution here, and the dispatch of a frigate is a good first step."

JENNIFER TAPLIN/WITH FILES FROM CANADIAN PRESS



1 news

City closer to hosting World Cup

Canada, and perhaps Halifax, is one step closer to hosting the 2015 Women's World Cup of Soccer.

The only other country vying for the event, Zimbabwe, backed out yesterday, days before FIFA was to announce a winner.

But Canada's bid must still be evaluated and approved by FIFA. They will make their official decision on Thursday. As the winner, Canada would also host Women's Under-20 World Cup in 2014.

Also Thursday, the Canadian Soccer Association will announce candidate bid cities, said Richard Scott, CSA spokesman.

Halifax, Vancouver, Winnipeg, Montreal, Ottawa, Moncton and Edmonton have all expressed interest.

It will be several months until the host cities are announced and there is no set number, Scott explained.

"We're adamant we want this Women's World Cup to be from coast to coast"
RICHARD SCOTT, CSA SPOKESMAN

Six is the minimum because there will be 24 teams.

HRM council appointed a stadium review committee yesterday and has already commissioned a business-case report, which will be finished this summer.

"There is a decision coming before the end of the week (on the Canadian bid)," said Mayor Peter Kelly. "If that is able to be achieved, we'll be able to then move our other issue forward, which is a potential stadium for the municipality."

JENNIFER TAPLIN/WITH FILES FROM ALEX BOUTILIER AND THE CANADIAN PRESS

Zimbabwe

Infrastructure Zimbabwe officials acknowledged last month that their infrastructure was "the barest minimum" to stage the tournament, but hoped FIFA would show the same faith it had in South Africa to organize a successful men's World Cup last year.

Signs of spring en route to region

- March 20 marks equinox
- Expect wet season: Climatologist

SHELBY MACDONALD
HALIFAX@METRONEWS.CA

Spring will be reluctant to arrive this year everywhere but the Maritimes, says climatologist David Phillips.

The spring forecast for March, April and May was released yesterday and it shows temperatures will be colder than usual in the western provinces compared to Atlantic Canada.

More winter is still to come, he said. "We're going to have to be a little more patient (for spring)."

Temperatures in HRM are expected to be normal in March with warmer-than-normal temperatures coming for April and May.

"And in both cases wetter than normal," he said.

Western Nova Scotia will see more seasonal conditions while the eastern areas of the province will have warmer weather than normal, but both will continue to be very wet.

Phillips doesn't advise putting the snow shovels away yet.

"Twenty to 25 per cent of the annual snowfall will occur after the first of March," he said.

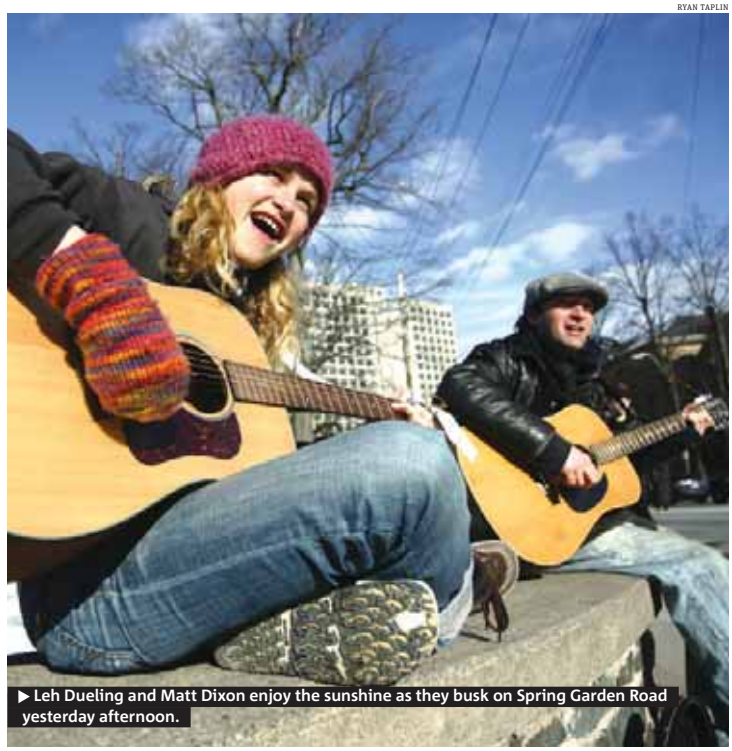
And the weather will be much different during those months than in past years.

"Last spring we had the warmest spring on record," said Phillips.

More snow

Shovel "We haven't finished shoveling, plowing and pushing all the snow that we're probably going to experience," said climatologist David Phillips about the slow-coming Spring.

RYAN TAPLIN



Leh Dueling and Matt Dixon enjoy the sunshine as they busk on Spring Garden Road yesterday afternoon.

Pugwash fire claims life

A 45-year-old man is dead following a house fire in Pugwash. The RCMP said they responded to a 911 call shortly after 1 p.m. yesterday about a house fire on the Pleasure Cove Road.

Officers arrived to find a body in the home that sustained damage to the kitchen and living room.

The cause of the fire has not been determined.

The man's name has not been released.

THE CANADIAN PRESS

News in brief

Alleged assault case in hospital

CHARGE. A woman faces a charge of assault with a weapon after a man was hit in the head with a crutch at a hospital in St. John's, N.L. Police were called to the emergency department at St. Clare's Mercy Hospital around 5 a.m. yesterday after a woman allegedly hit a man in the head as she was leaving.

THE CANADIAN PRESS

Police warn of phone scam

Businesses in the Moncton area are being warned about a sophisticated phone scam that's already cost one company about $68,000.

The scam involves someone hacking into a business's internal phone system.

The service is then used to make long-distance calls, leaving the business responsible for the charges.

RCMP say business owners who use internal phone systems should take measures to protect themselves, such as ensuring they have password protection. So far no arrests have been made.

THE CANADIAN PRESS

News on the move

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



Government can be expected to play the media, but we shouldn't expect media to allow itself to be played. More at metronews.ca/spindoctor

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A remote Libyan town takes up arms amid fear of a military assault.

Council elects Richard Butts as HRM's CAO

April 5 municipal budget pushed back to allow new CAO time to acclimatize Butts has experience in waste management, waterfront development and city planning



ALEX BOUTILIER
@METRONEWS.CA

CONTRIBUTED



▶ Richard Butts

The Halifax Regional Municipality has found a new top bureaucrat.

Regional council voted unanimously yesterday to install Richard Butts, the former deputy city manager of Toronto, as the municipality's chief administrative officer.

Butts has more than two and a half decades of experience in municipal government and private-sector business.

"I am very happy to be joining HRM and I look forward to working with my new colleagues to deliver on the priorities and achieving the vision that the mayor and council have set for HRM," Butts said in a press release.

Mayor Peter Kelly said Butts distinguished himself from the 59 other candidates by the passion he brings to his work.

"Council found him to be a very strong candidate," Kelly said.

"We saw this as an opportunity to gain his expertise and experience as the deputy CAO in Toronto, with a $2.2-billion operating budget and 10,000 employees. Certainly he will have the ability and expertise to help … us move this municipality forward."

The position has been vacant since former CAO Dan English retired in July. English's retirement came two and a half months after he publicly criticized council for criticizing his staff.

One of English's deputies, Wayne Anstey, has been serving as interim CAO for the past eight months.

Butts was selected by a committee composed of Kelly, seven regional councillors and the consultancy firm Organizational Consulting Limited. Butts' first day will be March 28.

For more local news, visit metronews.ca/halifax

MacRae to plead guilty: CBC News

Jason MacRae will plead guilty to second-degree murder in the killing of his wife, Paula Gallant, more than over five years ago, CBC News reports.

MacRae's lawyer, Michael Taylor, told CBC yesterday that the plea to a lesser charge will be entered today in Nova Scotia Supreme Court in Halifax. Gallant, a Halifax elementary school teacher and mother of one, was found dead in the trunk of her car on Dec. 28, 2005.

MacRae, 37, was charged last summer with first-degree murder, which carries a minimum sentence of 25 years before parole eligibility. **THE CANADIAN PRESS**

RYAN TAPLIN/METRO



▶ Jason MacRae

Council votes to fund program

Halifax Regional Council voted unanimously yesterday to continue funding a gang-prevention program for at-risk youth.

Federal funding for the Youth Advocate Program will run out at the end of the month.

But council ultimately decided the cost of funding the $690,000 program outweighed the cost of abandoning it.

There was some concern from councillors, including Reg Rankin (Timberlea-Prospect), Barry Dalrymple (Waverly-Fall River-Beaver Bank), and David Hendsbee (Preston-Lawrencetown-Chezzetcook) that the municipality was funding something that should be a partnership with the provincial government.

The municipality's director of finance, Cathie O'Toole, estimated the program would account for between 0.01 and 0.016 of a cent on municipal tax bills if the funds couldn't be found within the municipal budget.

As to potential funding partners, community development director Paul Dunphy said it's up to municipal politicians to have that conversation with provincial and federal politicians.

ALEX BOUTILIER

Helping youth

Municipal staff will now look at expanding the gang-prevention program into more communities.

- Currently, there are youth advocate workers in six communities: Uniacke Square, Dartmouth North, Woodside, Spryfield, Fairview and East Dartmouth.

For more on this story visit: metronews.ca/halifax

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Province invests in rebuilding hall

Beaver Bank Community Hall under reconstruction Arsonist set fire to building in October 2010

SHELBY MCDONALD
HALIFAX@METRONEWS.CA

Economic and Rural Development and Tourism Minister Percy Paris announced a $25,000 investment into the Beaver Bank Community Hall yesterday.

The total cost of the new hall is $99,000.

"We are proud that this investment will ensure that a cornerstone of this community will be preserved," Paris said in a release yesterday. "Numerous groups count on this facility for meetings, celebrations, fundraising and recreation. I am personally relieved to know that these important events will continue to have a home in Beaver Bank."

Beaver Bank-Fall River Coun. Barry Dalrymple will contribute $15,000 from the Capital District Fund, and the rest will come from the insurance company and community fundraising.

Brian Johnson, the chair of the Beaver Bank Community Hall, is glad the venue is reopening.

"It was a terrible loss … we don't have any hall in Beaver Bank," Johnson said, referring to the other hall that, by coincidence, also burned down in 2009.

The hall hosted about 300 events a year and housed community groups, including the Scouts, Girl Guides and seniors associations, which used it to put on a dinner once a week.

Historic building

The Hall was built in 1921.

RYAN TAPLIN/METRO



▶ The Beaver Bank Community Centre was heavily damaged by arson in November. The province is kicking in $25,000 to help rebuild the community hall, which could reopen by the end of the month.

Nova Scotia to buy asphalt plant

Years of scarce competition in the asphalt industry have cost Nova Scotians millions in extra tax dollars, officials say.

"When you get one bid, it's hard to know if you're getting a good deal," Bruce Fitzner, chief engineer of transportation and infrastructure renewal highway programs, said at a press conference yesterday.

The government announced it is investing in a mobile asphalt plant and an in-house chip-seal paving operation in an effort to reduce paving costs.

Fitzner said they know they can do the work for less based on New Brunswick's paving expenses, which are more than twice as low as Nova Scotia's.

"This is something we can look at and get a better bang for taxpayers' dollars," said Bill Estabrooks, minister of Transportation and Infrastructure Renewal.

As for the private sector, 90 per cent of paving will continue to be contracted to private firms, but if the bids come in too high the province will do the job, he added.

The total cost of the plant is $6 million; the operation will be expected to pave 100 of the 300 kilometres completed each year in the province. KRISTIE PEARCE

Big business

Dexter Construction did almost 50 per cent of the province's paving in 2008 and 2009.

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Man faces charges in serious assault

Stephen MacKinnon has been charged in connection with a serious assault in Lower-Sackville, about 25 kilometres from downtown Halifax, police say.

The incident took place on the evening of Feb. 25 when a victim, suffering from life-threatening injuries, turned up at hospital.

MacKinnon is charged with aggravated assault, resisting or obstructing a police officer, two counts of breach of probation and two counts of failure to comply with the condition of an undertaking.

MacKinnon will be back in Dartmouth provincial court for an election or plea on those charges on March 14.

He is also going to trial in Sydney, on Nov. 24, on unrelated charges of two counts of assault, two counts of uttering death threats, four breaches of probation and two counts of failure to comply with condition of an undertaking.

SHELBY MACDONALD

Councillor asks that no parking tickets be issued if no snow is falling

Halifax regional council has amended its letter on the winter parking ban to Transportation Minister Bill Estabrooks.

The letter, initiated by a motion from downtown Coun. Dawn Sloane, requests that there be no tickets issued if no snow is falling, and that the province adopt an alternate side of the street parking for older, narrow streets in the municipality. Further, the letter suggests amending the ban to account for the differences between urban, suburban and rural areas of the municipality. ALEX BOUTILIER

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UN: Libya suspended for now

This is the first time any country has been suspended from the Human Rights Council since it was formed in '06

The full membership of the United Nations suspended Libya from the UN Human Rights Council in the latest international effort to isolate Moammar Gadhafi's government for its violent attacks on civilian protesters.

The UN General Assembly voted on the council's own recommendation to suspend Libya's rights of council membership for committing "gross and systematic violations of human rights."

The assembly also expressed "deep concern" about the human-rights situation in Libya.

The vote does not permanently remove Libya from the council but prevents it from participating until the General Assembly determines whether to restore the country to full status.

"People who turn their guns on their own people have no place on the Human Rights Council."
SUSAN RICE, U.S. AMBASSADOR

The resolution was sponsored by Arab and African states.

Venezuelan Ambassador Jorge Valero expressed reservations about the vote.

"A decision such as this one could only take place after a genuine investigation," he said.

U.S. Ambassador Susan Rice said, "This is a harsh rebuke, but one that Libya's leaders have brought down upon themselves. It sends another clear warning to Mr. Gadhafi and those who stand by him: They must stop the killing."

Gadhafi "has lost any legitimacy to rule," Rice added. "He must go, and he must go now."

Libya was among seven countries accused of human-rights violations that won three-year council seats last year when running on uncontested regional slates.

Based in Geneva, the council is charged with strengthening the promotion and protection of human rights around the globe. THE ASSOCIATED PRESS

HUSSEIN MALLA/THE ASSOCIATED PRESS



▶ A young girl with her face painted in the colours of the old Libyan flag protests against Moammar Gadhafi in Benghazi, Libya.

Crackdown

Since the revolt against Moammar Gadhafi's 41-year rule began two weeks ago, his regime has launched the harshest crackdown in the Arab world.

- Gadhafi has lost control of the eastern half of the country. He still holds the capital, Tripoli, and some nearby cities.
- The death toll has been difficult to obtain in the chaos, but a medical committee in the eastern city of Benghazi, where the uprising began on Feb. 15, said at least 228 people have been killed, including 30 unidentified bodies, and 1,932 injured.
- UN Secretary General Ban Ki-moon has cited reports that about 1,000 may have died in the uprising and the government's violent crackdown on Gadhafi critics.
- The U.S. moved naval and air forces closer to Libya on Monday and said all options were open.

Attacks

REBELS HOLD ON

Residents of the rebel-held city closest to Libya's capital celebrated with a victory march yesterday after repelling an overnight attack by Moammar Gadhafi's forces. But troops loyal to the longtime leader clamped down on a strategic mountain town as they fought to reclaim areas near Tripoli, residents said.

Witnesses in Zawiya said pro-Gadhafi forces battled rebels for six hours overnight but could not retake control of the city 50 kilometres west of Tripoli. They said the last of several assaults by the Gadhafi loyalists came at around 3 a.m. local time.

Residents of Zawiya paraded through the city's main square. Some carried on their shoulders an air force colonel they said had just defected to the rebels' side.

"We were worried about air raids but that did not happen," said one resident, who spoke on condition of anonymity for fear of reprisals.
THE ASSOCIATED PRESS

Rogers taking fee battle to Supreme Court

The battle over whether broadcasters have the right to charge cable and satellite providers for carrying their programs is headed to the Supreme Court.

Rogers Communications Inc. said yesterday it will file for a leave to appeal with the top court over a decision this week by the Federal Court of Appeals.

That court ruled 2-1 that the CRTC had the right to establish a regime whereby broadcasters could attach a monetary value to their signals. The CRTC itself had referred the matter to the court as it announced its plans for embarking on the regime.

"The CRTC even acknowledged that it was a problem because they referred it directly to the courts without even rendering it to us."
PHIL LIND, VICE-CHAIRMAN, ROGERS COMMUNICATIONS INC.

But the fact that the Federal Court of Appeals' decision was not unanimous made an appeal more tempting.

"It's not a question of it's a slam dunk and there was a 3-0 decision and the court ruled on the actual law. It's a different story than that altogether," said Phil Lind, vice-chairman of Rogers Communications Inc.

Rogers and other distributors of TV network signals argue that the so-called value-for-signal issue falls under the Copyright Act and the question of royalties, and is not in the jurisdiction of the CRTC.

Justice Marc Nadon agreed.

Lind added: "The CRTC even acknowledged that it was a problem because they referred it directly to the courts without even rendering it to us. They knew it was going to be a problem."

Since the value-for-signal debate began, major networks such as CTV and Global have been purchased by the very distributors they were fighting.

Rogers will likely be joined by other cable and satellite firms in filing the leave to appeal. While it didn't indicate which companies, Bell Aliant was among those who made submissions in the lower court's case.

The cable and satellite companies have warned that the extra costs will be passed on to consumers. Lind estimates cable and satellite companies would wind up paying $5 or more per subscriber for TV signals.

The private broadcasters had warned that without the extra funds, they would have to shut down more local stations and cut back on Canadian productions.
THE CANADIAN PRESS

Rescue attempt will lead to deaths: Pirate

Any attempt to rescue a Danish family captured by pirates in the Indian Ocean will result in their deaths — just like the four American sailors slain by their captors last week, a Somali pirate warned yesterday.

Maritime experts said the Danes — a couple with three children aged 12 to 16 — placed themselves in grave danger by sailing into pirate-infested waters off Somalia's lawless coast despite warnings from naval forces struggling to police the area. They were captured last Thursday.
THE ASSOCIATED PRESS

Russian strays saved

Moscow's thousands of stray dogs have something to wag their tails about. Animal-rights activists say the city has dropped a plan to round them up and ship them to a camp far outside of town. Some said the camp was like a concentration camp for dogs.
THE ASSOCIATED PRESS

SHUJI KAJIYAMA/THE ASSOCIATED PRESS



▶ Tokyo Sky Tree

Japanese tower claims new record

A transmission tower under construction in Tokyo has become the world's tallest freestanding broadcast structure, the owners said yesterday.

The Tokyo Sky Tree project surpassed a tower in China by reaching 601 metres, the company said.

When completed later this year, it will stand 634 metres, said Hirotake Takanashi, spokesman for Tobu Tower Sky Tree Co. It will replace a 1,090-foot tower built in 1958.

Japan's six leading broadcasters are building the tower in the city's Sumida district.
THE ASSOCIATED PRESS

ELECTION SPENDING

Financial ruling a blow for Tories

The Federal Court of Appeal has struck down a decision that Conservatives say cleared them of wrongdoing in the so-called in-and-out election financing scheme.

The ruling confirms Elections Canada's interpretation of electoral spending laws.

The court says it was reasonable for the electoral watchdog to be dissatisfied with the way the Conservative party reported national advertising expenses for the 2006 election.

Elections Canada alleges the scheme allowed the national party to exceed its spending limit by more than $1 million, while letting candidates claim rebates on expenses that they hadn't incurred.

A spokesperson for the elections watchdog said: "The decision preserves the integrity of the political financing regime, which ensures fairness in the electoral system."

THE CANADIAN PRESS

H2 oh oh ... where did water go?

Officials in an Okanagan, B.C., community have come up dry in their bid to find millions of litres of missing water.

The District of Peachland says more than 409-million litres of water — enough to fill nearly 131 Olympic-sized swimming pools — seem to have evaporated in 2010.

Peachland Mayor Keith Fielding believes some may have leaked but he also thinks a few property owners may have managed to bypass newly implemented water meters.

THE CANADIAN PRESS

NDP seeks referendum on abolishing Senate

SEAN KILPATRICK/THE CANADIAN PRESS



▶ NDP Leader Jack Layton, on crutches yesterday because of a hip injury, says the prime minister has "lost touch with the idea of fair play."

Layton wants a sober second thought on Tory-packed body

The New Democrats are calling for a national referendum on abolishing the Senate.

The Tories have reneged on their promises for reform and it's time to take the matter to Canadians, NDP Leader Jack Layton said yesterday.

His party is floating the idea of a referendum, as well as the creation of a committee to examine electoral reform, in an opposition motion under debate this week.

"The complexity of doing anything with our Constitution and our governance structure is difficult but for that reason we continue to avoid it, we complain about it, we point out its deficiencies and we don't really do anything about it," said New Democrat MP David Christopherson, who sponsored the proposal.

"Canadians want politics to be more than just 'gotcha,' more than just the scandals of the day."

MP DAVID CHRISTOPHERSON

Layton says the idea of the Senate being a place of sober second thought is impossible when it's stacked with Tory insiders.

The motion was supposed to be debated yesterday but the Tories put off the discussion until today, when it is being given less time.

"Debate cut by two-thirds — that sort of fits with Stephen Harper's approach to Parliament," Layton said.

THE CANADIAN PRESS



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Carney stays the course on interest rates

- Cites uncertainty in global economy, markets
- Unchecked dollar could sink recovery at home

The Bank of Canada is sticking with its trendsetting rate of one per cent for at least another six weeks, giving no hint yesterday about when it might raise the rate again to ward off inflation: an increasing threat given recent signs the economy is expanding strongly.

Few had expected bank governor Mark Carney to raise rates, but analysts were looking for a signal of future hikes after Monday's news that the economy grew by 3.3 per cent in the final quarter last year, a full point higher than the bank had projected.

While the bank acknowledged the robust growth, it maintained that not much had in fact changed and that the risks to global recovery remain elevated. The bank also warned that the strong Canadian dollar and the poor productivity of Canadian firms will act as anchors to future export growth.

Economists noted that Carney likely wanted to avoid giving any more boost to the loonie by signalling bullish intentions.

It may also be that, like some private-sector economists, Carney is skeptical that the better economic performance will hold up. Craig Alexander, TD Bank's chief economist, said he believes the quick start will yield to a steady slowdown as the year proceeds.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 13.65 (14,122.85)	– 0.37¢ (102.57¢ US)

Oil	Natural gas
+ $2.66 US ($99.63 US)	1,000 cu ft $3.915 US (– $0.12 US)

Gold contracts $1,431.20 US (+ $21.30 US)

Eye. Tracking



▶ Barbara Barclay of Tobii Technology Inc. demonstrates a prototype laptop that tracks and can be controlled by the eye movements of the user.

SETH WENIG/THE ASSOCIATED PRESS

Peering into the future

Ever wish your eyes were lasers? A laptop prototype brings that dream closer to reality by tracking your gaze and figuring out where you're looking on the screen. Tobii Technology Inc., the Swedish firm behind the technology, says the eye tracker works by shining two invisible infrared lights at you. Two hidden cameras then look for the glints off your eyeballs and reflections from each retina. Tobii has been making eye-tracking devices for researchers and the disabled for nearly a decade. It hopes to expand beyond those niches into business and video games. Imagine the fun of blasting away bad guys with a laser that hits where you look.

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Ford tops GM in Feb. sales

Ford Motor Co. of Canada is reclaiming its status as the country's top-selling automaker even as its February sales slid 10 per cent compared to record-breaking results of a year ago.

The company takes the spot from General Motors Canada, which reported February sales of its core brands were down 5.7 per cent to 12,285.

Ford sold 16,081 vehicles last month, down from 17,920 last February. But sales this year have improved to 30,405 from 29,473 in the opening months of 2010, propelling the automaker to top sales status so far this year.

Honda Canada also reported a decline in sales from last February, selling 6,902 vehicles last month, down 14 per cent.

Its Acura division sold 907 vehicles, up six per cent from a year ago.

The auto industry is expected to see more robust activity this year as the economy and consumer confidence improve.

THE CANADIAN PRESS

7%

Ford Canada's car and SUV sales are up seven per cent, and the automaker's year-to-date sales are up three per cent.



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I'LL HAVE AN X-RAY AND A DOUBLE-DOUBLE

Just sayin'

PAUL SULLIVAN



Two of our nation's most prominent icons came together in a Vancouver suburb Monday, as overflow patients at the Royal Columbian Hospital were treated at the hospital's Tim Hortons doughnut shop.

Which proves that if you live long enough, you'll get to write at least one totally mind-blowing paragraph just like that one.

But it's all true. They had 190 patients in the ER, and because all the broom closets were full, they moved the table and chairs out of the café and moved the patients and the gurneys in.

Hospital personnel got a little confused as the doughnut shop performed double-double duty as an extension of the ER.

Nurses caught themselves telling patients to roll up their rims instead of their sleeves and wanted to know if that EKG was to go. "You want it toasted?"

You want to know what's really hilarious? The doughnut shop is actually part of the hospital's official overflow plan. Some poor sap was forced to stand in front of the TV cameras and actually maintain they would do it again the next time they have 190 patients at once.

"It's also unfortunate for U.S. President Barack Obama, who's trying to convince his fellow Americans to make the U.S. system more like Canada's."

Yeah, right.

Which is it? A cleverly designed PR move to shame the province into forking over more money to the hospital, a sneaky plot to introduce private (franchise, no less) health care, a new way for ER personnel to get their coffee breaks on a busy night or a complete breakdown of the Canadian health-care system.

If you ticked All of the Above, you're probably right. Have a Timbit. Have another one.

I'm sorry, but a doughnut shop is a great place to get a cup of coffee and one (maybe two) of those tasty walnut-crunch numbers. It's not a great place to find out if you have a broken leg or the chicken pox. It's not on the menu.

It's also unfortunate for U.S. President Barack Obama, who's trying to convince his fellow Americans to make the U.S. system more like Canada's. I'm not sure what Rush Limbaugh will make of the spectacle of treating ER patients at Dunkin' Donuts, but, by the looks of him, he's at least familiar with the product.

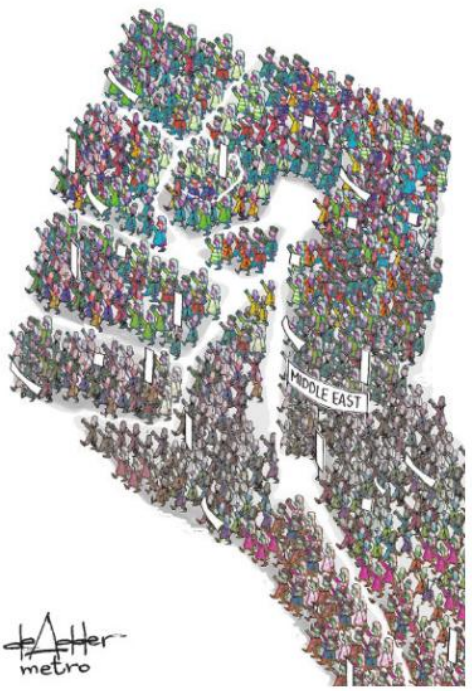
Of course, it's not all bad. Where else can you get a BP/blood work combo with extra-large coffee? And it comes with a choice of biscuit or English muffin.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER

Election call could cost vets



Letters & Tweets

Where is the legislation?

The government of the day, through the minister of Veterans Affairs has made several announcements and promises on Bill C-55 (new veterans charter), which has received first reading in the House of Commons but has not progressed to the committee level. Similar announcements and promises have been made on Bill 480 by the minister of finance (removal of GST from poppies and wreath purchases), for which no legislation has yet been tabled.

As your readers know, the tabling and passage of these bills with royal assent will not be possible should the government decide to call an election. The Royal Canadian Legion has written to both ministers on the matters of legislative procedure and has received assurances that these matters are being looked into.

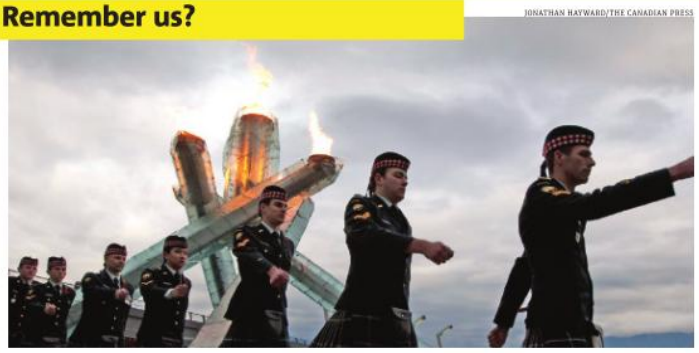
These bills may die on the order paper, however, if an election is called. This would leave Canada's disabled veterans, their families and The Royal Canadian Legion without the legislation they all need.

The Royal Canadian Legion writes this letter because we care.

PATRICIA VARGA
DOMINION PRESIDENT
THE ROYAL CANADIAN LEGION

Remember us?

JONATHAN HAYWARD/THE CANADIAN PRESS



Should colleges be held accountable if their grads don't get jobs?

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Take a Metro minute to Savour

Foodies and wine lovers take note: the Savour Food & Wine Show is back.

Nova Scotia's finest chefs, sommeliers and restaurateurs will be on hand for this scrumptious festival.

Explore the innovative culinary terrain of Nova Scotia through the booths while tasting and sipping along the way.

Over 60 restaurants and beverage providers are taking part in this one-night affair tonight at the Westin Nova Scotian, from 7 p.m. to 9:30 p.m.

Some of the local favourites participating include Chez Tess, Chives Canadian Bistro, Himachi Grill and Java Blend.

Organizers call it a "mingle-licious" event. METRO

CONTRIBUTED



▶ Tickets for the Savour Food & Wine Show are $79 plus tax.

No Adjustment needed for pair

Chemistry between Damon and Blunt shines through in latest movie

HANDOUT



Matt Damon and Emily Blunt star in the Adjustment Bureau.

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

The Adjustment Bureau may look like one of those serious-minded conspiracy films — and in a way it is, considering main character David Norris (Matt Damon) is being hunted down by strange suit-and-Fedora clad men trying to alter his destiny. But in sitting down with Damon and co-star Emily Blunt, there was more a mood of casual rom-com than nail-biting thriller, even after they were soberly asked to recall a moment in their own lives when fate seemed to intervene.

"I think Emily's chance to work with me must've been one of those moments," Damon cracks without missing a beat.

Blunt sarcastically admits he's right and goes on to explain that getting into her second choice university was what effectively gave her the career she has today.

Damon counters by adding that if he had chosen to star in Werner Herzog's Rescue Dawn rather than the Farrelly Brothers' Stuck on You, he never would have met his wife.

"Well, mine was better," Blunt quips at Damon.

"You went for the romance, you manipulated them."

It's obvious that the co-stars have a camaraderie that easily translated to Bureau, in which their characters meet by chance and share an instant attraction.

The mysterious titular bureau claims that the two cannot be together for reasons they cannot explain.

"What it really works as, is that the Adjustment Bureau is the obstacle to these people being together. It's never going to be Inception — it's never going to be that kind of intricate and complicated."



"Looking back on my career, I feel like as much as I tried to control as much as I could, a lot of it really is down to luck"
MATT DAMON ON THE ROLE OF FATE IN HIS CAREER

SAMIR HUSSEIN/GETTY IMAGES



John Galliano

Comments get Galliano fired by Dior

John Galliano has been fired by Christian Dior, following yet further allegations of anti-semitic remarks made by the flamboyant designer, while drinking in the Marais district of Paris.

"I unequivocally condemn the statements made by John Galliano, which are in total contradiction to the longstanding core values of Christian Dior," Sidney Toledano, chairman and chief executive officer of Christian Dior Couture said.

For the time being the show will remain on schedule but regardless of the strength of the collection it is unlikely to receive the acclaim that is usually associated with this talented designer.

At the present time, Dior has declined to comment on who is set to replace Galliano.

RICHARD PECKETT

Portman

Natalie Portman condemned alleged anti-semitic comments made by designer John Galliano.

Quote "I am deeply shocked and disgusted by the video of John Galliano's comments that surfaced today."

2 scene

Palin



The daughter of former Alaska governor Sarah Palin, Bristol Palin, has signed with William Morrow to publish the book Not Afraid of Life, to come out this summer. It will look at her life growing up in Alaska and coming of age amid the media and political frenzy surrounding her mother's political rise.
THE ASSOCIATED PRESS

Oprah Winfrey is coming to Canada to promote OWN. Scan or visit metronews.ca for story.





Nothing suspect about Whitaker's latest TV role

Best known for his Academy Award-winning movies, Forest facing new challenges on Criminal Minds series



NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

JEMAL COUNTESS/GETTY IMAGES



▶ Forest Whitaker stars in Criminal Minds: Suspect Behavior.

Academy Award-winning actor Forest Whitaker isn't necessarily a stranger to television, but Criminal Minds: Suspect Behavior marks his first lead role on a TV series. He says it's a decision he made partially to be home more with his family.

Whitaker spoke with Metro about moving to TV, reading people and fulfilling childhood dreams.

What made you take a full-time series TV role?

I never had my own show, but I got a chance to do it a couple times before. I did six episodes on ER once. It was a good experience. And I did, like, 11 episodes on The Shield, which was a great experience, developing that character. For this, it was the right time. I wanted to stay home for a while. I was offered a couple series at the same time. I chose to do this one because I was interested in exploring the human mind and the human psyche.

Was it a childhood dream of yours to be a cop or an FBI agent?

No. (laughs) But, you know, I did want to be a behavioural analyst. When I was a kid, I remember at kindergarten I told my class. They said, "What do you want to be?" I said, "I want to be an ethologist." Everybody's like, "What?" And I was like, "Animal behaviourist." And so, I guess, in some ways, I'm still doing that.

Are you a good at reading people?

I don't think so. (laughs) I mean, I think I can look at people and see certain behaviours and certain things. But I think I'm a better people-reader when it doesn't have anything to do with me.

Your kids must be happy that you're close to home now and not travelling so much.

That's what they said. (laughs) I'm happy because you get to see things, like, on a daily basis. And I have two kids who are off to school, college, and I have two little ones. I missed a lot. I've been there for my kids, but I haven't been there as much as I'd like. I've been a gypsy.

How would you say your show differs from the original Criminal Minds?

I think it's the nature of the people, experience and where they're coming from. First off, we're a red-cell unit, so we only report directly to the director of the FBI. We're a specialized unit. We have a guy who was a prisoner, you know, who's coming from the criminal minds, someone who's a sniper from overseas. Initially, we were supposed to be dealing with some international crimes and things like that. I don't know. We haven't really pursued a lot of that yet. I hope we will.

Cue the comeback cast

STEPHEN LOVEKIN/GETTY IMAGES



A boxing great, a model who survived an Indian Ocean tsunami and a grown-up Karate Kid will be hoofing it on the 12th season of Dancing with the Stars.

Welterweight champ Sugar Ray Leonard, model Petra Nemcova and Ralph Macchio of the hit 1984 karate movie will be among 11 celebrity contestants when the ABC show returns March 21.

The cast was announced Monday by Dancing hosts Tom Bergeron and Brooke Burke in segments that aired during an episode of ABC's The Bachelor.

"Forget the rumours. The moment of truth has arrived!" Bergeron exclaimed.

Also hitting the dance floor will be actress Kirstie Alley; Pittsburgh Steelers wide receiver Hines Ward; professional wrestler Chris Jericho; Loveline radio show co-host Mike Catherwood; onetime rap prodigy Romeo (former Lil' Romeo); Chelsea Kane of Disney Channel's Jonas; talk show host Wendy Williams and reality star Kendra Wilkinson.

Alley suggested the contestants' focus would be to "try not to fall on our butts the first week out. That's what I'm going for."

THE ASSOCIATED PRESS

GETTY IMAGES



Christina Aguilera

Aguilera arrested

Boyfriend faces DUI charge after evening out

Christina Aguilera was reportedly arrested early yesterday morning in West Hollywood for public intoxication, according to TMZ. Her boyfriend, Matthew Rutler, was reportedly also arrested for a misdemeanor charge of driving under the influence. Aguilera was "extremely intoxicated" and "unable to take care of herself," law enforcement sources tell the website. Police initially pulled Rutler over because he was driving erratically.

"If the driver had not been arrested for DUI, (Christina) would have never been in trouble," the source says.

METRO

Sheen goes public, loses publicist

Charlie Sheen has been on the publicity offensive this week, doing as many interviews as he can to discuss his infamous fallout with CBS and the creator of Two and a Half Men, capping it off with a 45-minute live chat with website TMZ in his backyard.

Shortly after the interview, Sheen's long-term publicist, Stan Rosenfield, quit. In response, Sheen told TMZ, "He's not allowed to quit, so you're fired."

METRO

GETTY IMAGES



Charlie Sheen

Performers under pressure over Gadhafi shows

Beyoncé Knowles, Mariah Carey, Usher and 50 Cent are among entertainers being pressured to return money they were paid for performing for Libyan dictator Moammar Gadhafi and his family, according to Rolling Stone. Nelly Furtado has already posted on Twitter: "In 2007, I received ($1 million) from the Gadhafi clan to perform a 45-minute show for guests ... I am going to donate the (money.)" METRO



Beyoncé



3 life

Taking a ride on a zip line in The Rock

N.L.'s Marble Mountain offers some great skiing and snowboarding
Don't miss a heart-stopping zip-line ride over a huge gorge

I stood on the platform staring across Canada's highest zip line — a cable strung 85 metres over a plunging gorge at Marble Mountain, one of the best kept secrets in western Newfoundland.

"Have fun!" the guide urged me as I shook with fear but stepped from the edge, my feet suddenly dangling free over the vast chasm below.

I was secured to the down-sloping cable by two pulleys with cords attached to a harness with straps around my waist, legs, shoulders and chest.

Through my helmet I could barely hear the other zip liners cheering me on as I laughed like a kid on a rollercoaster. A spectacular view of the Humber Valley, cut through the foothills of the Appalachian Mountain Range — the same peaks that extend into Georgia — flashed past.

And before I knew it, I was slowing down as the cable angled upward toward the waiting guide who caught my lines at the receiving platform.

Now that's a knee-wobbling rush.

Marble Zip Tours offers eight lines criss-crossing the spectacular Steady Brook Falls near Corner Brook, N.L. The longest ride sprawls across 420 metres and is aptly described in promotional brochures as a heady blend of parachuting and flying.

But if hurtling over a deep void isn't quite your speed, Marble Mountain is also a winter wonderland featuring world-class skiing and snowboarding.

World-class skiing on The Rock? It's a fact so little known that lineups for chairlifts with names like "Newfie Bullet" are astoundingly short. They head up to 37 trails ranging from leisurely runs to double-black-diamond vertical drops of up to 519 metres.

And of course there's lots of typical Newfoundland humour. One run is called Blow Me Down, or as it's also simply referred to, OMJ, or Oh My Jesus.

Marble Mountain is geographically blessed with a climate that is typically one of the snowiest in Canada. But when the peaks were still bare in early January, panicked locals organized a snow dance. The region has been blasted with about two metres of powder ever since, creating some of the best skiing and snowboarding conditions in recent memory.

It's Alli Johnston's job to get the marketing word out about Marble Mountain. Visitors from St. John's, N.L., flock to the resort, along with increasing numbers of tourists from Ontario and Europe, she said.

Still, she hears from people time and again that they never expected to find a resort like Marble Mountain on The Rock.

"It is something that we are trying to change - but not too much," she said with a smile. "Part of the charm of this place is the short lift lines and the relative friendliness of all the people here, and the real local flavour that we get."

Lines are longer in the base lodge, however. Expect to wait about 30 minutes in food and bar queues on the busiest weekends, and get there early if you're renting equipment. Snowboarding boots go especially quickly.

THE CANADIAN PRESS

MIKE WERT/THE CANADIAN PRESS/HANDOUT



▶ A participant at Marble Zip Tours, Marble Mountain, near Corner Brook, N.L.. Marble Mountain offers Canada's highest zip line — a cable strung 85 metres over a gorge.

If you go ...

- **Skiing** Details are available at skimarble.com; or phone 1-800-NF-MARBLE
- **Zip tours** Marble Zip Tours at marbleziptours.com; 709-632-5463
- **Where to stay** skimarble.com/thevilla.asp or Humber Valley Resort visithumbervalley.com.

Travel in brief



Chic Savvy Travels is a new website co-founded by Canadian journalists Vawn Himmelsbach and Tanya Enberg that offers some great advice and stories for female travellers. Dubbed A Backpacker's Guide for Grown-ups, the site has sections such as Relationship Road Test and Canadian, eh? Check out chicsavvytravels.com.

METRO



Can't wait until St. Patrick's Day to party? Tybee Island, GA., is celebrating Mardi Gras

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The different sides of St. Lucia

AMANDA HYDE
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▶ Go horseback riding in St. Lucia.

This stunning island with its famous forested peak combines the best of what the Caribbean has to offer: the scenery, the sites, the sand and the super hotels and restaurants.

Water babies will love it here — St. Lucia has some of the best diving in the Caribbean, with natural coral around the underwater volcano that surrounds the island as well as artificial sites grown from shipwrecks. The perfect place to head underwater is Anse Chastenet beach, in the middle of a marine park with a fish-heavy reef just 10 metres from the sand. Book through Scuba St Lucia (scubastlucia.com).

From mid-March to the end of July, St. Lucia has some shy and rather elusive visitors — turtles. They're most likely spotted on the wild sweep of Grande Anse beach.

If you're keen on sightseeing, you can drive right up to the belching, bubbling Soufrière Volcano — a reminder of the island's origins and the reason its beaches come with black sand (admission $1.25). But it's the surroundings that make the trip. This part of St. Lucia is stunning, with the peaks of the Pitons rising from the coast, and a maze of inland roads hemmed by old plantations and sleepy, pastel villages.

The potholed, meandering roads of this island mean you'll soon want a break from driving. Consider swapping four wheels for four legs on a trail round crumbling Morne Coubaril sugar plantation (every day 9 a.m. to 4:30 p.m., $10): a horseback tour here takes in the dramatic sweep of beach at its very edges, the old mansion at its heart, and the various methods with which they cultivate coca, copra and manioc.

Party time comes at the end of the working week in St. Lucia, with casual Friday night parties in small villages and towns. In paintbox-coloured Anse-La-Raye toward the south of the island, Fish Friday marks the end of the week with stalls of fresh seafood laid out by the residents, and music throbbing from soundsystems strung high above the pavements.

"The Caribbean has an island for everything. But what if you want to do it all at once? The answer's in St. Lucia."

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USA

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Orlando Family Special Air + 7 Nights from $299◊ + taxes & fees $118
INCLUDES accom near *Walt Disney World* Resort. Price is per person based on a family of 4. ADD 4-day Universal Park to Park ticket from $156 adult / $138 child.

Washington DC Air + 3 Nights 4-Star from $669 + taxes & fees $121
INCLUDES accom in the west end of Washington adjacent to historic Georgetown. ADD DC After Dark tour for $39.

New York Air + 3 Nights from $695 + taxes & fees $122
INCLUDES accom in the heart of mid-town Manhattan. ADD show tickets to *Billy Elliott, Chicago, Memphis* or *Mamma Mia!* for $129.

New Orleans Air + 3 Nights from $795 + taxes & fees $119
INCLUDES accom in the historic French Quarter. ADD Swamp & Bayou tour from $49.

Oahu & Maui Air + 7 Nights from $1299 + taxes & fees $121
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Mexican Riviera 7-Night Cruise from USD $409 + taxes & fees USD $56
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GREAT CANADIAN FEATS

NATIONAL ENGINEERING MONTH

In order to construct a helmet that doesn't obstruct one's vision or hearing, but provides adequate protection at the same time, it's up to engineers to come up with designs that protect the noggin.

"Engineers' work shapes the way we live, work and play," says Chantal Guay, ing., P.Eng., M.Env., and the CEO of Engineers Canada in an e-mail.

As part of National Engineering Month, Engineers Canada has created an engaging website (nem-mng.ca) which offers lots of neat information about the profession. One of the most interesting things about the site is its look at "Great Canadian Engineering" feats, such as the hockey helmet.

Other examples on the site include IMAX, the popular film platform which owes its roots to a group of Canadian filmmakers and entrepreneurs. The experience of going to the movies was forever revolutionized when IMAX launched.

Even the world of telecommunications owes a debt of gratitude to Canada. Donald Hings, a Canadian inventor created one of the first walkie-talkies.

"Not only are engineers contributing to the well-being of society and the public's quality of life, we are part of the solution to the challenges facing the country," says Guay. "Our work goes a long way to ensure that, for instance, the public is provided with sustainable infrastructure and has the adequate technologies and the means to adapt to climate change."

Moving forward, engineers will continue to be a vital part of Canadian society.

"Engineers play a huge role in the evolution of many aspects of society by working together and drawing on collective expertise to provide innovation for everything from advances in the technological sector, responding to disasters – such as the recent earthquake in Haiti – to the design, construction and operation of everything from bridges to mountain bikes to roller coasters," says Guay.

ON THE WEB

For people considering a career in engineering, check out **nem-mng.ca.** The site has engineering personality tests and also has information about the 21 different types of engineering people can pursue.conduct."



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MAKING A DIFFERENCE



Oliver Browning says engineering is an innovative and exciting profession.

OLIVER BROWNING IS VERY HAPPY WITH HIS CAREER CHOICE AS AN ENGINEER

"What I'm doing is very satisfying," says the 33-year-old from Truro.

"It's a challenging profession. It allows for both critical and logical thinking as well as creativity. There's never a dull moment."

The potential to leave a positive legacy is another reason Browning likes it.

"It's a profession that is innovative and exciting," he says.

Becoming an engineer was a natural fit for Browning. His father was an engineer and that familiarity and admiration for the profession played a role in his decision.

Browning graduated from the University of New Brunswick in 2001 and received his professional engineering designation and license in 2005. During his university studies, he would help out with his father's engineering company which he feels helped better prepare him for his career by having the opportunity to directly apply what he was learning in school at the time to real world work experience.

Over the last three years, Browning has won a number of awards, including alumni achievement awards from the Nova Scotia Agricultural College and the University of New Brunswick. He was also the recipient of the 2008 Young Engineer of the Year Award from Engineers Nova Scotia, the licensing and regulatory body for engineers in Nova Scotia.

"It's quite an honour," he says of winning the three awards.

Browning works for ADI Limited in Truro, which is also where he grew up.

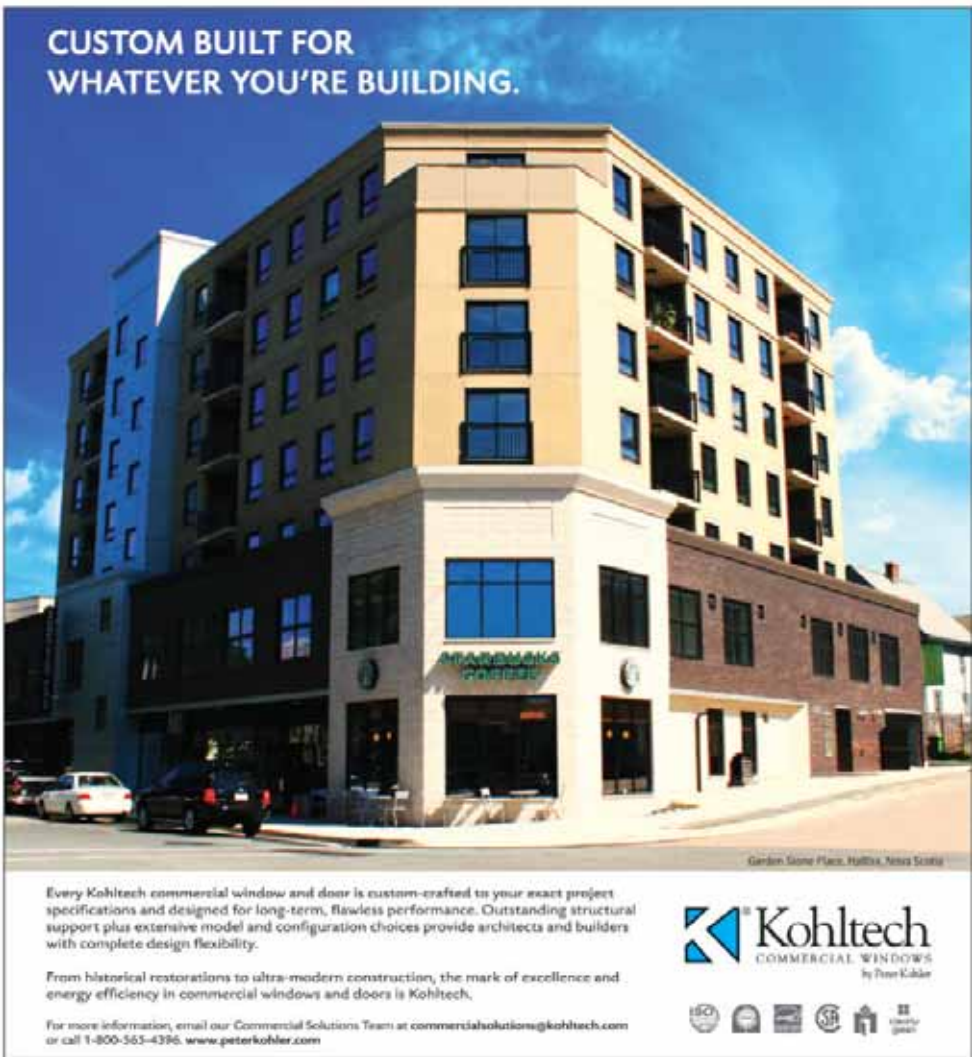
"I've been fortunate to have had the opportunity to continue my career in the town I was born and raised," he says.

One of the things Browning likes about being an engineer is the diversity of the projects it has allowed him to work on to date.

A recent example of this is an 88,000 square foot dairy livestock housing and milk production complex he had the opportunity to design and engineer. It is currently in the final stages of construction and commissioning for a farming corporation here in Nova Scotia.

The facility will have housing, care and milk production capacity housed under one roof for over 400 head of dairy cattle. The facility will also have a fully automated rotary milking system, currently one of the first of its kind in Atlantic Canada, as well as numerous energy-efficient heating, lighting and ventilation technologies, says Browning.

An active volunteer, Browning serves on numerous engineering related boards, is in involved in various charitable causes and has coached minor hockey and soccer.



Fix up that Facebook page

Social media sites have redefined the process of getting into college. What you have shared about yourself online can be more revealing than SAT scores or an admissions essay.

According to a Kaplan survey, 88 per cent of admission officers believed social media was either "somewhat" or "very" important to their future recruitment efforts.

"What you do now stays in the public domain forever. It's easier to remove a tattoo," says Kenny Ossen, director of communications and broadcast media for SocialShield, a service designed to inform parents about social media.

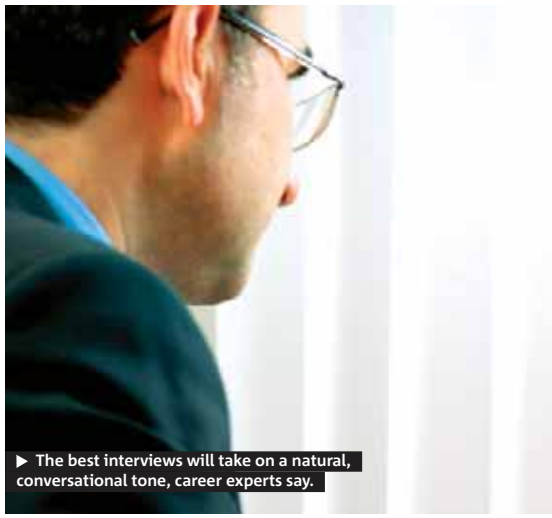
NEWS CANADA

Tech Tips:

- If you wouldn't send a photo to your grandmother or college admissions counsellor, don't post it online.
- Make sure all content is set to private. Anyone can get ahold of information if you don't protect it.
- Don't friend professors, but do like or follow their department online to show that you're interested.
- Be professional. Have an email that is used only for college applications and professional matters. Your personal email can trace social networking sites you belong to.



Slip into of your



▶ The best interviews will take on a natural, conversational tone, career experts say.

When trying to land that dream job, consider what the recruiter wants to hear If you know what they want, you'll be able to handle any question they throw at you

DREW HINSHAW
LIFE@METRONEWS.CA

Getting dressed for a job interview?

Start by "putting yourself in the shoes of an employer and think what they would want to hear," says Laura DeCarlo, an interview coach.

Leenie Glickman, a career counselor from Boston, adds, "think about what they would want to hire.

"Prepare by writing down what traits and skills they would be looking for. Then it's almost irrelevant what they ask you because you already know what you want to tell them."

A command of the conversation puts your interviewers at ease, which you want to do during an interview.

"As a job seeker, yes, you have a lot of fear, but in reality, it's just dress rehearsal," she continues.

"If you get it wrong, you can always keep applying, keep learning. But an employer has a whole lot at risk when they're interviewing job seekers. They can be very insecure."

They can also be dismally unprepared, she adds.

"There are a variety of unprepared interview types," she says.

"They range from the leads-the-interview-astray-talking-about-wife-and-kids interviewer to the interviewer who is so shy and quiet that you're going to have a stilted interview if you're not outgoing and personable."

If you find yourself locked in an inquisition with a manager like that,

More

FLICKR/SOCIALISBETTER



For more career tips, from job seeking to surviving workplace conundrums, go online to metronews.ca/work

the shoes interviewer

ISTOCK



be ready to manage your talk time like a chess player slapping the clock, Glickman suggests.

Studies show a jobseeker should speak about 20 per cent of the time during their first round interview.

"The best interviews are the ones where it's interactive," she notes.

"They ask you a question, you give them the answer, you come back with a question. It feels conversational."

"An employer has a whole lot at risk when they're interviewing job seekers. They can be very insecure."

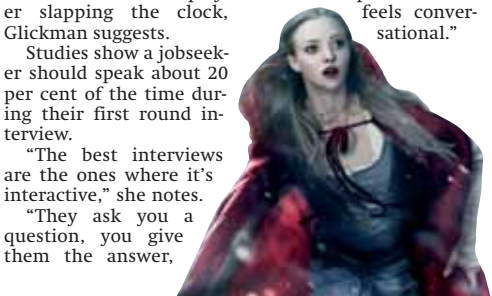
LEENIE GLICKMAN, CAREER COUNSELOR FROM BOSTON

Just Google 'em!

It's a 21st century given that your job interviewer is going to Google you — and probably gawk at all those Facebook photos you left online. But the web's translucent curtain goes both ways.

Take advantage!

"All these companies have LinkedIn groups," Glickman points out. "Use LinkedIn's advance search functions. Search for people who work at that company and find out more about them."





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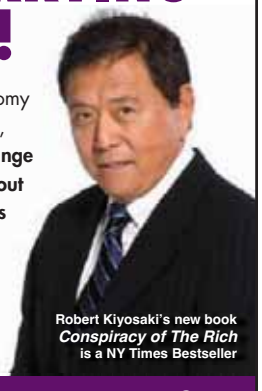
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These two creative recipes prove that there's a lot more to sandwiches than just ham and cheese
Whether your preference is fish or beef, these are perfect for lunch, dinner or a snack

The joys of fried fish — minus the frying

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



This recipe for "Fried" Haddock with Red Thai Curry Mayo, adapted from the Associated Press, manages to find a creative way to infuse a basic baked "fried" haddock with the delicious taste of Thai red curry paste.

Making the fish couldn't be simpler. Just whisk eggs, mayo and mustard in one shallow bowl, and fill a second with panko breadcrumbs.

Then, dredge haddock fillets through the egg mixture, then through the panko, then bake them on a sheet in the oven.

Adding the gentle yet complex spicy heat of red curry paste is also made really easy.

However, just combining the curry paste with the egg mixture doesn't allow you to taste it, nor does adding it to the breadcrumb mixture (a messy proposal).

Instead, whip it into the mayonnaise, then slather that on a bun, add the fish and call it a day.

It's marvellously good and perfectly marries the tender taste of the fish with a nice and gentle, yet spicy, kick.

Ingredients:

- 2 eggs
- 1 tsp (5 mL) Dijon mustard
- 1 1/2 cups (375 mL) panko breadcrumbs
- 1 lb (500 g) haddock fillets, divided into 4 pieces
- Salt and ground black pepper
- 1/4 cup (50 mL) light mayonnaise
- 1 tbsp (15 mL) Thai red curry paste
- 8 large Boston or bibb lettuce leaves
- 4 hamburger buns

Preparation:

1. In a bowl, whisk together eggs and mustard. In another bowl, place breadcrumbs.
2. Season haddock with salt and pepper. Dredge each piece in the egg mixture, letting excess drip off then coat in breadcrumbs on both sides. Arrange fillets on greased baking sheet. Bake in 400 F (200 C) oven for about 10 minutes or until fish flakes when tested with a fork.
3. Meanwhile, in a bowl, whisk together mayo and curry paste. Divide mixture over the bottom half of each bun, then top each with 2 lettuce leaves. Set haddock over lettuce and serve.

LARRY CROWE/ THE ASSOCIATED PRESS



▶ "Fried" Haddock Sandwich with Red Thai Curry Mayo

THE ASSOCIATED PRESS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, EMILYRICHARDSCOOKS.CA.



pulled beef sandwich

Perfect for a cold night's dinner, this Pulled Beef sandwich is a new take on a favourite usually made with pork.

Catch up on some reading or enjoy a movie while the roast is in the oven and filling the kitchen with delicious aromas.

This recipe, adapted from The Canadian Press, makes enough for leftovers, too!

Ingredients:

- 3 lb (1.5 kg) boneless beef blade roast
- 2 tbsp (30 mL) vegetable oil
- 1 onion, chopped
- 1 celery stalk, chopped
- 2 cubanelle peppers, chopped
- 1 can (19 oz/540 mL) diced tomatoes
- 1 cup (250 mL) beef broth (approx)
- 1 tsp (5 mL) each dried oregano leaves, salt and pepper
- Rub beef with half of the oil

Preparation:

1. Heat large Dutch oven over medium-high heat. Brown beef on all sides. Remove to plate.
2. Pour the remaining oil into same pan. Add onion, celery and peppers and cook, stirring often, for about 5 minutes or until the onions are translucent and starting to brown. Stir the tomatoes, beef broth, oregano, salt and pepper. Add beef back into the pan with any accumulated juices, nestling it in the sauce so that it is completely submerged (add more broth if necessary). Bring to a boil.
3. Cover and transfer to a 325 F (160 C) oven and cook, turning occasionally for about 2 1/2 hours or until fork tender. Let cool slightly and using two forks pull roast apart, discarding any fatty bits.
4. Serve the pulled beef sandwich on warm buns or in warmed tortillas.

THE CANADIAN PRESS/ MAKE IT ONTARIO BEEF

EMILY RICHARDS

CANADIAN PRESS HO



▶ This recipe makes 10 servings.

Workplace Law

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BEWARE WHEN BASHING THE BOSS BRASHLY

Can you openly criticize your boss without fear of immediate dismissal?

Here are the tales of three employees who did just that and ended up paying for it with their jobs.

Upset following an angry confrontation with her boss, Maria Van Der Meij wasn't about to go quietly.

Believing that her boss had acted improperly during a meeting, Van Der Meij left the office and wrote to the company's board of directors, angrily criticizing her boss by accusing him of being a coward and lacking ethical standards.

The letter cost Van Der Meij both her job and her case, as a court later found that by spitefully criticizing her boss, her immediate dismissal was justified.

Similarly, following a number of poor performance reviews, Yingyi Chen had finally had enough of management's disdain. Knowing that the company was in a precarious financial position, Chen penned a letter to its shareholders widely expressing his dissatisfaction with management and how he felt the company was being run.

In siding with the employer, a court found that Chen had attempted to embarrass both his managers and the board of directors in the eyes of the company's shareholders, and that by doing so without a good reason, his termination was subsequently upheld.

Conversely, when Dawn Marie Bennett became concerned with the way her boss ran the small office where she worked, she complained. However, it was to no avail.

When the issues mounted, Bennett delivered a letter to her boss accusing her of being dishonest and negligent and suggesting that she was disorganized and incompetent. Bennett was fired almost immediately.

Unlike the other two cases, here the court sided with the employee. Why? Because Bennett's letter, while harshly worded, was intended to be kept private and not to embarrass her boss or the company.

In all three cases, the courts accepted that employees are generally entitled to criticize superiors without fear of immediate dismissal.

However, sometimes silence can be golden. While employees will often have complaints that are reasonable or justified, the manner and tone in which they express them must always remain professional.

When such criticism goes over the edge, an employer is not required to tolerate it.



Beware the tales of those who have openly criticized their bosses and wound up losing their jobs.

Doctors are getting a tech check-up

Students learning to make most of new technologies

ISTOCK



▶ The Clinicians in Training program targets students and residents.

An initiative has been launched to better prepare Canadian medical students to practise in modern, technology-enabled clinical environments.

The Association of Faculties of Medicine of Canada and Canada Health Infoway want medical schools, students and residents to join in a three-year project to strengthen learning in effective clinical use of information and communications technologies.

"In Canada and around the world, clinicians are improving quality of care, access and productivity through the use of information and communications technologies," said Jennifer Zelmer of Health Infoway, a federally funded organization formed to accelerate development of information technology projects across the country.

"By giving clinicians in training a good foundation on the effective use of these tools in clinical practice, physicians of tomorrow can better harness these benefits in their practices and for their patients," she said.

The Clinicians in Training project aims to improve clinical practice and patient care by supporting medical students and residents in their adoption and use of information and communications technologies, such as electronic medical records.

The program, involving Canada's 17 faculties of medicine, will include creation and sharing of curriculum-based resources and e-learning tools.

THE CANADIAN PRESS

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4 sports

Moose on cusp of post-season

The Halifax Mooseheads have moved another step closer to their first QMJHL playoff spot in three years.

The Mooseheads, wrapping up a nine-game stretch that saw them play eight games on the road, beat the Moncton Wildcats 4-3 in a shootout last night and can clinch a post-season berth with a win tomorrow at home against the Lewiston Maineiacs.

Carl Gelinas scored with 1:41 remaining to send the game to overtime after the Mooseheads allowed three unanswered goals in the third period to blow a 2-0 lead.

"That extra point was important for us, and we're coming through eight out of nine on the road, which is a tough stretch," said Mooseheads head coach Bobby Smith. "Now we get to play five of our next seven at home."

Brent Andrews and Darcy Ashley scored the other goals in regulation, while Gelinas, Ashley and Matthew Boudreau went three-for-three in the shootout. Anthony Terenzio was the first star, with a whopping 46 saves.

The 15th-place Mooseheads are 19-39-1-2 and have 41 points, 12 points ahead of the 17th-place Baie-Comeau Drakkar. Both teams have seven games remaining and the Mooseheads have the tiebreaker.

MATTHEW WUEST

Sports in brief

Marauders go up 1-0 in series

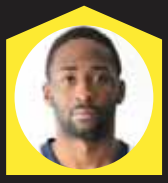
MHL. The Metro Marauders doubled the Bridgewater Lumberjacks 4-2 in the Maritime Junior Hockey League playoffs last night at the Sportsplex. Andrew Wigginton had a goal and two assists as the Marauders took a 1-0 lead in the best-of-three series. METRO

Rainmen's season finale rescheduled

PBL. The Halifax Rainmen's final regular season game has been changed from Saturday, April 2, to Thursday, March 31. The Rainmen host the Saint John Mill Rats at 7 p.m. that night. The change was made to allow the Premier Basketball League playoffs to begin on April 1. METRO

Getting props

Josh Dollard
The Halifax Rainmen power forward was named Premier Basketball League player of the week yesterday. Dollard averaged 34 points per game in the Rainmen's weekend road split.





Pascal Amyot
The Halifax Mooseheads defenceman has been named one of five finalists for the Marcel-Robert Trophy, awarded to the QMJHL's scholastic player of the year, for the second straight season. METRO

Hard-up Huskies need win on road

RYAN TAPLIN/METRO



▶ St. F.X. forward Chris Hulit tries to sweep a rebound past Saint Mary's goalie Neil Conway during the second period of last night's AUS playoff game at the Forum.

▶ Defending champions on the ropes after loss ▶ UNB Varsity Reds lead Acadia Axemen 2-0 in other semifinal



MATTHEW WUEST
@METRONEWS.CA

The Saint Mary's Huskies' margin for error went out the window last night at the Halifax Forum.

The Huskies are on the verge of elimination in the Atlantic University Sport best-of-five men's hockey semifinals after falling 3-2 to the St. Francis Xavier X-Men before a crowd of 2,737.

Former Halifax Mooseheads standout Bryce Swan scored the game-winner on a power play at 9:47 of the third period, tipping a point shot past Huskies goalie Neil Conway to give the X-Men a 2-1 series lead.

"There's no safety net from here on in for us," said Huskies head coach Trevor Stienburg. "In knowing that, hopefully that will bring out the best in our best players."

52
Number of goals Bryce Swan has scored in 83 regular season games with the X-Men. The former Anaheim Ducks draftee played four seasons with the Mooseheads and his 77 QMJHL goals are seventh in franchise history.

The Huskies, who also received a goal from defenceman Andrew Hotham to lead 2-1 going into the third, had their fair share of chances to reverse the outcome, peppering X-Men goaltender Joey Perricone with 38 shots.

But Perricone played an outstanding game, making breakaway saves on Chris MacKinnon, in the second, and on Cory Tanaka, just after Swan's goal, in a terrific game-tying attempt.

"We have to be a little bit more professional about (finishing our chances), and when we do get those breakaways, start bearing down," said Huskies forward Ryan Rorabeck, who scored in the first period.

"Something about this team (St. F.X.) — they're not going to let up and they are finishing their chances."

Game 4 is on Sunday at 7 p.m. in Antigonish. The Huskies have lost all three games at Keating Millennium Centre this season.

"We've struggled there all season, but we've had games where we've outshot them and out-chanced them," Rorabeck said. "We're going to look at the video of the good things we did, go from there, and see what happens."



LEON HALIP/GETTY IMAGES



▶ Ricky Romero throws a pitch against the Tigers yesterday.

Jays yet to win a game this year

The Jays extended their season-opening exhibition losing streak to four games, dropping a 6-2 decision to the Tigers at Joker Marchant Stadium yesterday.

Staff ace Ricky Romero made his first start of the spring and was credited with four earned runs in 2 ⅓ innings. It wasn't as bad as it looked, as all five base hits were on the ground through the infield.

"We did some stuff that we wanted to do," Romero said. "We wanted to work on sinkers today. Some of them were a little up in the zone, but if you go look back at it all those balls were just finding the holes. A lot of balls in the infield, a lot of groundballs, so that was a positive."

Manager John Farrell was more critical of Romero's outing, although three of the runs were scored when Zach Stewart entered in relief and allowed a bases-loaded double to Miguel Cabrera.

"The sinker was up a little bit and we got him to his pitch count, so the workload was there, so that was a positive in there," Farrell said.

"He probably could have gone to his changeup a little bit more for swing-and-miss and potential putaway. But one of the things that he has been working on in the bullpen is to get some action to the sinker. It's been inconsistent early on."

Left-fielder Eric Thames smashed an opposite-field home run in the fourth inning, while Canadian third baseman Brett Lawrie singled, drove in a run and stole a base. In his third at-bat, his one-hopper knocked shortstop Ramon Santiago to the ground.

The Jays have scored five runs in four games and play the Rays today, with Brandon Morrow facing David Price. TORSTAR NEWS SERVICE

Hill's test

Second baseman Aaron Hill, out with a strained quadriceps, will lead off each of the first two innings of the B Game in Clearwater today and will play one inning of defence to test his injured leg. If he passes the test, he should be in a game later this week.

Rask puts Sens on ice

Ottawa frustrated by Boston goalie, as he makes 33 saves for shutout Nathan Horton has the only goal

Nathan Horton's third-period goal was all the Boston Bruins needed to defeat the Ottawa Senators 1-0 last night.

Horton scored at 1:43 of the third as he jumped on a loose puck in front of Craig Anderson.

Tuukka Rask earned his second shutout of the season as the Bruins wrapped up their six-game road trip with a perfect 6-0 record. Boston improved its road record to a league-best 22-7-4.

Anderson was solid for the Senators, stopping 20 shots.

There was little for the 16,826 on hand at Scotiabank Place to get excited about early on. The Bruins, playing the final game of their road trip that included stops in Western Canada, looked a little tired through the game's first 20 minutes.

BRUINS	SENATORS
1	0

The Senators also started slow as their revolving roster of players continued to familiarize themselves with new linemates.

The best chance of the first came in the final minutes as Patrice Bergeron had a wide open net, but Ottawa's Colin Greening managed to get a piece of the puck and bail out Anderson.

The second period remained scoreless, but both teams created a number of great scoring chances.

Bergeron set up Mark Recchi at the side of the net, but he was robbed by Derek Smith who made a great sliding save. Seconds later Ottawa's Filip Kuba had a good chance, but couldn't get enough on his shot.

Jason Spezza took the only penalty of the period, but Anderson made a number of saves to keep the game scoreless.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS



▶ Tuukka Rask makes a save on Ottawa's Jason Spezza last night.

Price is right as Canadiens beat slumping Thrashers

Carey Price made a quick recovery from the flu to stop 40 shots and help the Montreal Canadiens beat Atlanta 3-1 last night for their first win over the Thrashers in three tries this season.

Max Pacioretty, James Wisniewski and Brian Gionta scored for Montreal, which has won three of four.

Price stopped Atlanta's first 35 shots before Nik Antropov finally scored 14:14 into the third period to cut Montreal's lead to 2-1. Gionta scored an empty-net goal with 45 seconds remaining.

CANADIENS	THRASHERS
3	1

The loss was another setback to the Thrashers' playoff hopes. Atlanta ended a five-game skid by beating Toronto 3-2 in overtime on Sunday. The Thrashers rallied from a 2-0 deficit against Toronto but couldn't complete the comeback attempt against Montreal.

Price missed one game with the flu-like symptoms.

The Thrashers, who began the night tied for 10th in the Eastern Conference, have lost 17 of 21.

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5 drive

Like a Regal

The 2011 Regal is already making waves, but its $33,400 base price nudges up against that of the larger LaCrosse.

This is where the Verano comes in since it will likely enter the market in the $28,000 range, including destination charges.

It will be as well equipped as the loaded Regal, at least for its base price, but the Verano's Chevrolet-Cruze-based platform and basic body structure is actually closer in size to the Regal than you might think.

Ground-breaking

Stylistically, the Verano and the Regal share the same shape and are adorned with similar grilles, but the Verano's seem proportionally larger. The neatly contoured fenders allow very little fender-to-tire gap, which hints at a sporty side.

The cabin is pure luxury, however. Although base models will come with leatherette (vinyl) and cloth seats, premium models will feature plenty of wood trim and plumped-up leather-covered seat cushions. For any compact car, and not just a Buick small car, this is ground breaking.

Engine

The Verano comes with a standard 177-horsepower 2.4-litre four-cylinder engine (also standard in both Regal and LaCrosse) that's mated to a six-speed automatic transmission.

An optional 220-horsepower turbocharged unit — also optional in the Regal — will eventually migrate to the Verano lineup.



▶ The Verano blends small size and luxury, which is a relatively new thing for North American automakers. But when you think about it, it makes perfect sense to sell well-equipped small cars.

Buick shows the way for small cars

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

What does vehicle size have to do with luxury? Not much anymore.

Traditionally, compact models have been aimed at buyers seeking affordable wheels that stretched their fuel dollars to the max.

"Affordable" means limited features, of course.

However, that tradition is rapidly disappearing as vehicles, such as the upcoming 2012 Buick Verano, emerge to redefine and challenge the small-equals-cheap belief.

A Buick, redefining and challenging? You read it here first.

Upwardly creeping gasoline prices combined with pending government-legislated fuel-economy standards are changing the way North Americans think about small cars: they're beginning to actually need them.

As a result, automobiles sold in North America are starting to shrink, and engines are shrinking right along with them.

This fall's arrival of the Verano constitutes a major step in a new direction for Buick, but one that General Motors' up-level division seems fully prepared for, despite a history of large, pillowy driving sedans.

It's unlikely that the Verano's arrival will cause BMW or Audi much concern, but it might lure buyers considering a loaded-up Honda Accord or Toyota Camry to seriously consider a Buick, which would have been virtually unheard of five years ago.

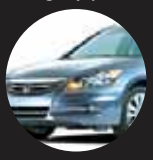
Verano

Facts about the 2012 Buick Verano.

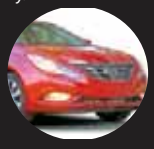
- **Type:** Four-door entry-luxury compact sedan.
- **Engine (hp):** 2.4-litre DOHC I4 (177).
- **Transmission:** Six-speed automatic.
- **Stats:** L/100 km (city/hwy) 10.3/6.3 (est.)

By comparison

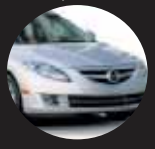
Honda Accord EX sedan
Base price: $29,000
Popular sedan is strong on comfort, fuel economy and driving enjoyment.



Hyundai Sonata Limited
Base price: $30,600
All-new model is sharp-looking, roomy and offers impressive fuel economy.



Mazda6 GT-I4
Base price: $30,300
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XLT 4X4 MODEL SHOWN

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PLUS
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8.9L/100KM hwy, 12.8L/100KM city**
MANUFACTURER REBATE..... $7,000
STARTING FROM
$25,999*
PLUS
$1,000† WORTH OF NO EXTRA CHARGE ACCESSORIES
ELIGIBLE CONSUMERS CAN RECEIVE UP TO **$2,300˜**
IN RECYCLE YOUR RIDE REBATES
$1,000†† FORD CREDIT CASH (WHEN FINANCING)

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MANUFACTURER REBATE.....$8,000
STARTING FROM
$27,499*
PLUS
$1,000† WORTH OF NO EXTRA CHARGE ACCESSORIES
ELIGIBLE CONSUMERS CAN RECEIVE UP TO **$2,300˜**
IN RECYCLE YOUR RIDE REBATES

PLUS



FORD LETS YOU RECYCLE YOUR **2003 OR OLDER VEHICLE & GET UP TO $2,300˜** TOWARDS MOST NEW FORD VEHICLES.

This offer is in addition to incentives currently offered when combined with the $300 available from the Retire Your Ride program, funded by the Government of Canada on qualifying vehicles of model year 1995 or older. Incentives range from $1000 to $2000. Visit www.ford.ca for details.

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*Offer valid from February 1, 2011 to March 31, 2011 (the "Program Period"). Receive $1,000 CDN towards select Ford Custom truck accessories, excluding factory-installed accessories/options ("Accessories"), with the purchase or lease of a new 2010/2011 Ford F-150 (excluding Raptor), 2011 Ranger or 2011 Super Duty delivered or factory ordered during the Program Period (the "Offer"). Offer is subject to vehicle and Accessory availability. Offer is not redeemable for cash and cannot be applied towards eligible Accessories. Any unused portions of the Offer are forfeited. Total Accessories may exceed $1,000 CDN. Only one (1) Offer may be applied toward the purchase or lease of an eligible vehicle. This Offer cannot be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of factory order or delivery, but not both. This Offer is not combinable with CPA, GPC, Daily Rental Allowances, the Commercial Connection Program or the Commercial Fleet Incentive Program (CFIP). Limited time offer. Offer may be cancelled or changed at any time without notice. Some vehicles pictured may be shown with optional equipment. See dealer for details. ±Offer valid from February 1, 2011 to March 31, 2011 (the "Offer Period"). Customers who purchase/finance or lease most new 2010 or 2011 Ford F-150 (excluding Raptor and 2011 Regular Cab XL 4x2) (each an "Eligible Vehicle") and finance through Ford Credit Canada will receive $8,000 (the "Offer"). The new vehicle must be delivered and/or factory ordered during the Offer Period. Only one (1) Offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Offer is not combinable with CPA, GPC, CFIP, FALS or Daily Rental Allowance incentives. Customer may use the Offer amount as a down payment or choose to receive a rebate cheque from Ford of Canada, but not both. Taxes payable before Offer amount is deducted. +Purchase a new 2011 Ranger SuperCab Sport 4x2/F-150 SuperCab XLT 4x2/F-250 Regular Cab XL 4x2 for $13,999/$25,999/$27,499 after Total Manufacturer rebate of [$6,000/$7,000/$8,000]. Taxes payable on full amount of purchase price after Total Manufacturer Rebate has been deducted. Offer excludes freight and air tax of [$1,450/$1,550/$1,550], license, fuel fill charge, insurance, PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. **Max. horsepower of 411 and max. torque of 434 lb-ft on F-150 6.2 L V8 engine. Class 16 Full-Size Pickups under 8,500 lbs GVWR vs. 2011/2010 comparable competitor engines. Class 8 Full-Size Pickups under 8,500 lbs. GVWR, non-hybrid. Estimated fuel consumption ratings for the 2011 F-150 4X2 3.7L V6 Automatic and SST: 12.8L/100km city and 8.9L/100km hwy based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. When properly equipped. Max. towing of 11,300 lbs with 3.5L EcoBoost and 6.2L 2-valve V8 engines. Max. payload of 3,060 lbs with 3.5L EcoBoost and 5.0L Ti-VCT V8 engines. Class 8 Full-Size Pickups under 8,500 lbs GVWR vs. 2010/2011 competitors. ^Program in effect from Jan. 4/11, to Mar. 31/11 (the "Program Period"). To qualify for a Ford Recycle Your Ride Program ("RYR") rebate ("Rebate(s)"), customer must qualify for and take part in either the "Retire Your Ride Program" delivered by Summerhill Impact's "Car Heaven Program". To qualify for the "Retire Your Ride Program", which offers $300 cash or rebate on the purchase of a 2004 or newer vehicle, customer must turn in a 1995 model year or older vehicle in running condition (able to start and move) which has been properly registered and insured for the last 6 months to an authorized recycler. To qualify for the "Car Heaven Program", customer must turn in a 2003 model year or older vehicle in running condition which has been registered and insured for the last 6 months to an authorized recycler. If a customer qualifies for Car Heaven or Retire Your Ride, Ford of Canada ("Ford") will provide an additional Rebate, with the purchase or lease of an eligible new 2010/F-150/2011 Ford or Lincoln vehicle (excluding all Fiesta and Medium Truck models), in the amount of $1,000 CDN (Focus (excluding Focus ST), Fusion (excluding 2011 S), Taurus (excluding 2011 SE), Mustang (excluding GT500, Boss 302, and 2011 Value Leader), Transit Connect (excluding EV), Escape (excluding 2011 XLT 4x4 Manual), Edge (excluding 2011 SE), Flex (excluding 2011 SE)) or $2,000 CDN (Explorer (excluding 2011 Base models), Sport Trac, F-150 (excluding Raptor and 2011 Regular Cab XL 4x2), F-250 to F-550, E-Series, Expedition, MKZ, MKS, MKX, MKT, Navigator) (each an "Eligible Vehicle"). Taxes payable before Rebate amount is deducted. RYR Rebates are available to residents of Canada only excluding Northwest Territories, Yukon Territory, and Nunavut. Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period to qualify for a Rebate. Rebates can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Rebates not available on any vehicle receiving CPA, GPC, Commercial Connection, or Daily Rental Rebates and Commercial Fleet Incentive Program (CFIP). Limited time offer, see dealer for details or call Ford Customer Relationship Centre at 1-800-565-3673. © 2011 Ford Motor Company of Canada, Limited. All rights reserved. ^Estimated fuel consumption ratings for the 2011 Ranger 4x4 4.0L V6 5 Speed Manual. Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. **Estimated fuel consumption ratings for the 2011 F-150 4X2 3.7L V6 Automatic and SST: 12.8L/100km city and 8.9L/100km hwy based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. When properly equipped. Max. towing of 11,300 lbs with 3.5L EcoBoost and 6.2L 2-valve V8 engines. Class 16 Full-Size Pickups under 8,500 lbs GVWR vs. 2011/2010 comparable competitor engines. Class 8 Full-Size Pickups under 8,500 lbs. GVWR, non-hybrid. Estimated fuel consumption ratings for the 2011 F-150 4X2 3.7L V6 Automatic and SST: 12.8L/100km city and 8.9L/100km hwy based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits. When properly equipped. Max. towing of 11,300 lbs with 3.5L EcoBoost and 6.2L 2-valve V8 engines. 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ALFA FLEXES EXOTIC MUSCLES IN GENEVA

Auto Pilot

MIKE GOETZ
DRIVE@METROEWS.CA



The Geneva Auto Show is one of the most anticipated events on the automotive calendar. It blows the CAA's Care Car Month right out of the water.

But the show is always hard on North American auto enthusiasts, populated as it is, with so much lovely forbidden European fruit.

Possibly the worst offender was Alfa Romeo, with its sublime 8C Competizione. Only 1,000 examples were built during 2007 and 2008 and it might be one of the most beautiful GT cars ever built. The spider version isn't too shabby either.

At Geneva this week, Alfa unveiled a successor to that 8C "halo" car — the Alfa Romeo 4C — and noted the vehicle will lead Alfa "back into markets such as the U.S., where we are not present today."

HANDOUT



▶ This European beauty, the Alfa Romeo 4C, may come to North America soon.

So not only is there a beautiful new Alfa sports car to behold, but it looks like it will come to North America.

The industry suspected that Alfa might return ever since Alfa's parent company, Fiat, took over Chrysler. Fiat chief, Sergio Marchionne, hinted that future Alfa models might be built on world platforms that also underpin Chrysler and Dodge models.

Not sure that's in the spirit of Alfa Romeo, one of Europe's most storied sporting marques.

But the 4C at least is "all Alfa." The rear-drive two-seater closely follows the 8C's exotic formula. The chassis supports a body crafted completely from carbon fibre. The rear frame and "crash box" sections utilize a lot of aluminum.

Its 200-hp 1.75-litre four cylinder engine features direct injection and turbocharging, and is positioned "centrally" in the rear of the vehicle.

Net result: very low weight (less than 850 kg) and a very low centre of gravity.

And the net result of that will certainly be deft handling and lots of get up and go (an estimated top speed of 250 km/h top speed, and an estimated zero to 100 km/h acceleration run in under five seconds). While technically still a "concept," Alfa made it clear that the 4C "is not simply an exercise in style created for the Motor Show; it will be on sale in 2012 and is set to reinforce Alfa Romeo's global growth."

An interesting subplot with Alfa these days is that VW has publicly stated it would like to purchase Alfa. VW's chairman, Ferdinand Piech, even went as far to say that the VW group, Europe's largest car maker, would be able to quadruple Alfa's current annual sales performance (which has been terrible for a while now).

Speaking at an industry conference last month, Marchionne said, "As long as I am CEO of Chrysler and Fiat, Mr. Piech will never have Alfa Romeo."





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HELP WANTED

General Help

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Beauty Secretes is seeking 5 retail sales representitives to sell skin care products in our locations in Bedford:
Sunnyside Mall
Bedford Place Mall

$11.60/hour

Email Resume to :
6707696bedford@gmail.com

TRUCK FOR HIRE
1 Man $40 per hour
2 Man $50 per hour
902-431-7447

Seeking Employment

Seeking Light Office Cleaning

Hello- I am looking for a light office cleaning opportunity in Dartmouth or Cole Harbour. I have experience cleaning a car dealership, a restaurant, banks, a shopping centre food court, as well as offices and a private home..
Please telephone me of any known opportunities out there..

Thank you, Elizabeth
My number is: 430-5018.

AUTOMOTIVE

Cars & Trucks for Sale



2004 Mustang Convertible 6cyl. loaded, cloth 87,000km
$12,985 or $163 b/w oac.
Motormart - 407-4200



2006 **Pontiac G5** $7,450 52925 kms $2,000 Minimum Trade in
For Details Call
Harvard Auto - 1-877-378-3550



2006 Toyota Rav 4 6cyl. loaded, cloth, 4x4 92,000km
$15,985 or $163 b/w oac.
Motormart - 407-4200

Cars & Trucks for Sale



2007 Cadillac CTS 6cyl. auto, loaded, leather, sunroof 53,000km
$20,985 or $182 b/w oac
Motormart - 407-4200



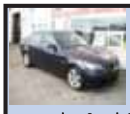
2007 Jeep Compass 4x4 4cyl. Auto, A/C, Cloth 35,000km
$14,985 or $131 b/w oac.
Motormart - 407-4200



2007 Mini Cooper 4cyl. Turbo, leather, sunroof 89,000km
$18,985 or $165 b/w oac.
Motormart - 407-4200



2008 BMW 128I 5 speed, loaded, leather, sunroof 56,000km
$26,985 or $233 b/w oac.
Motormart - 407-4200



2008 BMW 530I 6cyl. loaded, leather, roof 49,000km
$30,985 or $268 b/w oac.
Motormart - 407-4200



2008 **BMW 5 Series 528 XI** 43,858 kms $37,950 $2,000 Minimum Trade in
For Details Call
Harvard Auto 1-877-378-3250



2008 **Chevrolet Cobalt** $9,950 55,128 Km $2,000 Minimum Trade in
For Details Call
Harvard Auto - 1-877-378-3250



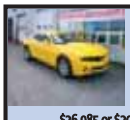
2008 **Dodge Dakota** $22,950.00 22,591 kms $2,000 Minimum Trade in
For Details Call
Harvard Auto - 1-877-738-3250



2008 **Ford Edge** 74,497 kms $26,950.00 $2,000 Minimum Trade in
For Details Call
Harvard Auto - 1-877-378-3250



2008 Ford F-250 FX4 Diesel, Loaded, Leather, Sunroof 4x4, 96,000km
$38,985 or $336 b/w oac.
Motormart - 407-4200



2010 Chevrolet Camaro 6cyl. Loaded, leather 27,000km
$26,985 or $205 b/w oac.
motormart.com



2010 Ford Raptor 8cyl. loaded leather, sunroof, 4x4, 40,000km
$43,985 or $332 b/w oac.
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2009 Jeep Compass Sport 4 cyl, 5 spd, ac, pwr group, alloys Like new only 7,700 kms
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$0 down, taxes & fees included



2007 Dodge Caravan 6 cyl, 7 pass, fully equipped Excellent Condition, 92,000 kms
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$0 down, taxes & fees included



2009 Dodge Charger SE 6 Cyl, auto, fully equipped Only 44,000 kms
$15,977 or $129 bi-weekly
$0 down, taxes & fees included



2005 Chrysler PT Cruiser GT Turbo 2.4L, auto, loaded with leather and sunroof, Great shape, just 90,000 kms
$8,995 or $99 bi-weekly
$0 down, taxes & fees included



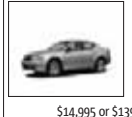
2006 Chrysler 300 Touring 6 cyl, auto, fully equipped Only 70,000 kms
$13,995 or $149 bi-weekly
$0 down, taxes & fees included



2008 Jeep Commander Sport 4X4, 7 pass, loaded, leather, dvd Only 72,000
$23,977 or $219 bi-weekly
$0 down, taxes & fees included



2010 Chrysler 300 C 5.7l HEMI, loaded, leather, sunroof Like new, Only 25,000 kms
$25,977 or $199 bi-weekly
$0 down, taxes & fees included



2008 Dodge Avenger SXT 6cyl, auto, fully equipped 73,000 kms
$14,995 or $139 bi-weekly
$0 down, taxes & fees included



2008 Dodge Dakota SXT Club Cab 6cyl, auto, fully equipped incl cap Must be seen, just 30,000 kms
$14,977 or $139 bi-weekly
$0 down, taxes & fees included



2006 Chrysler Sebring 4 cyl, auto, ac, cd, pw, pl Extra Clean, 101,000 kms
$6,995 or $99 bi-weekly
$0 down, taxes & fees included

REAL ESTATE

Commercial Real Estate

HRM - Hammonds Plains - Approximately 1000 square feet, Office space with a warehouse. Location Blue Water Road. 902-456-1446 or 902-835-2514

MERCHANDISE

Merchandise for Sale

20' and 40'
Long Steel Storage Containers
Call Peter
902-476-0569

Faux Leather Chocolate Brown Loveseat

Bought less than a year ago for $800, mint condition, non-smoking home. Moving to an apartment and need to downsize. We are asking $600 OBO and are looking for a quick sale as we are trying to purchase other furniture for our apt. Please contact us at 902-830-5479

ROLEX FOR SALE:

Ladies two tone gold and titanium Rolex. Waterproof.
Only 3 years old.
Purchased for $6500 selling for **$3500.**
Call 440 8497

PETS

Dogs

Cavelier King Charles Spaniel Pups - 1 Trimale- 6 months, 2 Blenheims - 1 male/ 1 female - 4 months, and 2 female Rubys, born Nov.15/11. Call for more info 902-765-0885

I'm Charlie a Stud Pug. I have been checked, now looking for a girlfriend. I'm purebred, all black in color. If interested for a date please call 902-461-9129

Maltese Puppies
Puppies born Feb 19th.
4 Maltese pure bred puppies for sale.
3 boys and 1 girl. Ready for their new forever homes after April 16th. They will be dewormed several times, vet checked, and first needle given before they go.
Mom is 5 lbs and dad is 6 1/2 lbs.
$800 My price is firm.
If seriously interested call me. I require a deposit of $100 to hold a puppy.
902-742-3760

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Personals

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http:\\silexvi.wordpress.com\

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Junk Removal

TIME TO TOSS IT
Debris removal, Estate clean-ups, small demos, unit clear-outs, basements, yards and construction - call 449-0232

ANNOUNCEMENTS

Births



Congratulations to Lizz & BJ on the birth of their son
Campbell Peter Cochrane.
Selena now has her little brother.
Born in Kentville at the Valley Regional Hospital Sunday, February 27 at 3:36 am, weighing 8 lbs and 12 ounces.

All the best from the MacPhails!

Community Events

Bluenose Fundraising Presents:
Healthy Smiles Toothbrush Fundraiser
visit www.healthysmilesfundraiser.ca
479-2257

Dartmouth Minor Football Association

Spring Football - Varsity & Jr. Varsity Registration, Saturday March 5th from 12 pm - 2 pm, Cole Harbour Place - Harbour Room - 51 Forest Hills Parkway, Dartmouth. DMFA provides a quality tackle football program in Dartmouth and surrounding areas. We proudly offer teams for players aged 7 to 20 and boast multiple championships.

For further information please check out our website www.dartmouthdestroyers.ca.

Sexercise for Two is an exercise workshop that helps bring a sense of intimacy, trust and awareness to a couple's relationship by exploring verbal and non-verbal communication through touch and movement. You also discover each others strength and flexibility by performing exercises together as one unit instead of competing against one an other. The fitness routine is set to hot and spicy music and is in an intimate setting for couples to feel safe. You also learn the importance of your core, good posture and you get to bring home some sexy moves for both of you to practice. It is a great workout for the mind and body. And, I guarantee lots of laughs and pretty hot moments throughout the workshop. It will be held from 2:15pm to 3:45pm on April 2nd, 2011 at DANSpace 1531 Grafton St., 3rd floor in Halifax. You can register at leapintohealth@hotmail.com (Facebook) or phone Danyele at 431-0735. $35.00 per couple

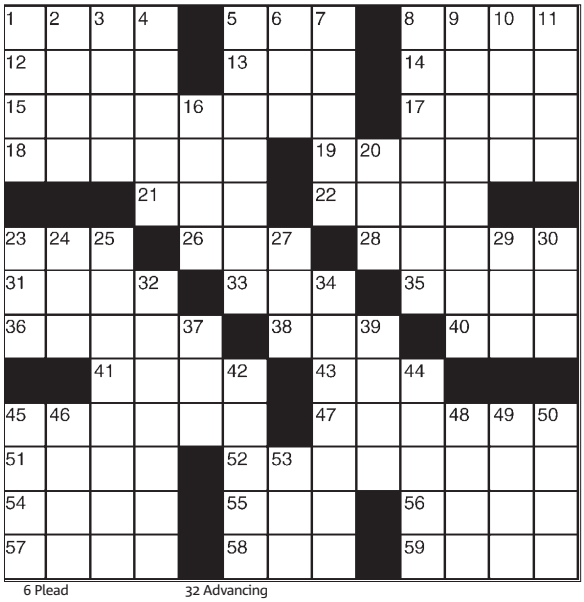
Does your parrot talk too much?
Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Spiritual

Pilgrimage to the 3 major shrines in Quebec, Ste. Anne de Beaupre , Notre -Dame -du-Cap and St. Joseph. From June 18- 25 at a cost of $655.00 includes transportation, motels, and 11 meals. Downpayment of $125.00 by March 18th and the remainder May 18th. For info contact Juanita Bates at 902-466-0625 or Michael Shaw at 902-454-6074.

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Crossword



Across

1 Seeks answers
5 Couric's network
8 "Zounds!"
12 Beehive State
13 Chop
14 Unchanged
15 Bogart-Bacall movie
17 Animal's stomach
18 Swimsuit brand
19 Red-orange fish
21 Skillet
22 Old fogy
23 Actress Zadora
26 Edge
28 Card-game rule-book
31 Frizzy coiffure
33 Taxi
35 Insult
36 Highway warnings
38 Go down slightly
40 Early bird?
41 Hasn't paid yet
43 "Great!"
45 Rent payer
47 Sedative
51 Winged
52 Snail, on a French menu
54 Tennyson poem
55 Alias abbr.
56 Gator's kin
57 Picnic invaders
58 Wire measure
59 "Thirty days — ..."

Down

1 Diving birds
2 Staircase component
3 Comic Danny
4 Drag (Var.)
5 Habitual
6 Plead
7 Scabbard contents
8 Portuguese pre-euro money
9 Ugly-faced water-spout
10 Asian nursemaid
11 Moist in the morn
16 Hebrew month
20 "— -la-la!"
23 Joad and Kettle
24 "— Were King"
25 Any of Jason's crew
27 Frenzied
29 Haul
30 Work unit
32 Advancing
34 Lens created by Ben Franklin
37 D.C. VIP
39 Hemingway nick-name
42 Fulton's power source
44 Canoe material
45 Author Janowitz
46 Verve
48 Taj Mahal city
49 Tugboat noise
50 Engrave, in a way
53 Schuss

▶ Yesterday's answer

S	M	O	G	■	S	L	Y	■	L	A	M	B
I	O	T	A	■	C	I	A	■	O	L	I	O
G	R	I	D	L	O	C	K	■	C	O	N	N
H	E	S	■	A	T	E	■	S	K	E	I	N
■	■	■	D	D	T	■	B	U	S	■	■	■
E	V	E	R	Y	■	J	A	M	M	I	E	S
M	A	L	E	■	F	E	D	■	I	D	L	E
U	N	F	A	Z	E	D	■	S	T	O	K	E
■	■	■	D	O	Z	■	R	A	H	■	■	■
S	H	A	L	E	■	G	A	L	■	B	Y	E
T	Y	R	O	■	L	O	C	K	H	E	E	D
E	P	I	C	■	E	W	E	■	R	E	A	D
W	E	A	K	■	I	N	D	■	S	P	R	Y

Sudoku

			2	6				7
9						5	3	1
		5					6	
			5	4				9
	5		1		8		4	
6				2	7			
	3					1		
7	9	4						8
1				7	3			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	4	6	9	7	2	1	3	5
9	1	2	3	4	5	7	6	8
3	7	5	8	6	1	9	2	4
6	5	7	2	3	4	8	1	9
4	3	9	6	1	8	5	7	2
2	8	1	5	9	7	3	4	6
1	2	8	7	5	6	4	9	3
7	6	3	4	8	9	2	5	1
5	9	4	1	2	3	6	8	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

AH, Fate has brought us together and shown how things should have always been and can now be. Thank you for being in my life and giving me what I've needed for so long. Our chemistry is unmatched and our future is bright. **AO**

*My dearest Kinder face, you maketh my aquarium bubble over loudly. Meet me in the cooler for A secret meeting *wink* Burnt lips 4ever xoxo*

My Man! Stephen, All Because to platypus's fell in love, I cant wait to be with you forever baby!! I love you with all my heart and am excited for what is yet to come! XOXOXO **LOVE YOUR FAVOURITE PERSON – JOSIE!**

D.Sarunas...You are sexier than both Zach Galifianakis and Jeff Bridges ;) I love you! <3 OXO!! **MS**



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 Take care not to fall out with someone in a position of authority today. By all means, stick up for yourself and protect your interests but don't make enemies of powerful people.

♉ Taurus April 21-May 21 Don't try so hard. The more you attempt to get ahead of the curve, the more likely it is you'll make a silly mistake. You don't have to prove yourself.

♊ Gemini May 22-June 21 If you allow yourself to fear the worst today, it could work against you by making you too cautious about a financial matter that requires an immediate and decisive response. Nothing is ever as bad as it seems. You know that.

♋ Cancer June 22-July 22 You may be none too happy with what's been going on in your life, but what are you going to do about it? It's time to give some serious thought to what changes need to be made.

♌ Leo July 23-Aug.23 You may be right to be skeptical about what you've been told but don't take it to extremes and believe that everyone is out to deceive you. If someone offers to help, chances are they are just being friendly.

♍ Virgo Aug. 24- Sept. 22 Don't commit to anything you have not checked out, even if a friend tells you there is nothing to worry about. That may be true for him or her but can you be sure it is true for you?

♎ Libra Sept. 23-Oct. 23 If you jump to conclusions today, you may find out later that you got it totally wrong. Give loved ones the benefit of the doubt even if you suspect they are not being entirely truthful.

♏ Scorpio Oct. 24-Nov. 22 This is one of those days when you will feel happier, and achieve more by following the path of least resistance. Don't worry too much about your long-term plans. All roads lead to your ultimate goal.

♐ Sagittarius Nov. 23-Dec. 21 Try not to attach too much importance to what your five senses tell. There is a chance they will lead you astray. That applies especially to money issues.

♑ Capricorn Dec. 22-Jan. 20 No matter how strong your opponent is, you can beat him or her if you use brains as well as brawn. What is his or her weak point? Make that your target, and hammer at it.

♒ Aquarius Jan. 21-Feb. 18 Your ability to express yourself may be restricted but that does not stop you from thinking. When you do get a chance to get your point across, no one will doubt that you know what you are talking about.

♓ Pisces Feb. 19-March 20 Anyone who tries to give you advice will be left in no doubt that you don't need it. All well and good, but don't bite his or her head off. No need to be so intense. **SALLY BROMPTON**

Caption contest



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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2011 RAM SLT 1500 QUAD CAB 4X4

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- 5.7 V8 HEMI MDS VCT Engine
- 5 Speed Electronic Overdrive Multi-speed
- Automatic Trans with Lock-up
- Auto Locking Hub Control
- Aero-composite Halogen Fully Automatic Headlamps with Daytime Running Lights
- Seating Capacity of 6
- A/C, Underseat Ducts
- Satelite/Cd/MP3
- Cruise Control
- Power Front Windows
- U-connect Hands-free Communication
- Trailor Hitch
- Mud Guards

Additional Quad Cab Deals:

2011 RAM 1500 Quad Cab SLT • 11RQ1050 • Was $41,045 **NOW $30,577**
2011 RAM 1500 Quad Cab Sport • 11RQ1520 • Was $44,745 **NOW $34,377**
2011 RAM 1500 Quad Cab Larmie • 11RQ6381 • Was $48,395 **NOW $38,277**
2011 RAM 1500 Reg Cab SLT • 11RQ3247 • Was $36,770 **NOW $29,577**

WAS $42,590 NOW **$30,900** OR **$199** BI-WEEKLY

ONLY 6 LEFT



2011 JEEP GRAND CHEROKEE LAREDO

- 26E Package
- 3.6L V6/290 HP
- 32 MPG Highway + 5000lb Towing Capacity
- 5 Speed Automatic Trans
- Quadra Trac Full Time 4WD
- 17" Aluminum Wheels
- Fog Lamps
- 8 Way Power Driver Seat
- Leather Wrap Steering Wheel with Audio Controls
- Keyless Entry
- Power Button Start

Additional Grand Cherokee Deals:

2011 GRAND CHEROKEE XPKG • 11GC1687 • Was $45,170 **NOW $42,677**
2011 GRAND CHEROKEE 5.7L V8 XPJKG • 11GC6108 • Was $48,070 **NOW $45,577**
2011 GRAND CHEROKEE 3.6L V6 LMT • 11GC6380 • Was $49,170 **NOW $46,677**
2011 GRAND CHEROKEE 5.7L V8 LMT • 11GC1868 • Was $52,070 **NOW $49,077**

WAS $40,175 NOW **$37,477** OR **$279** BI-WEEKLY

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2011 RAM 1500 CREW CAB SPORT

- 5/7L V8 HEMI MDS VCT Engine
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- A/C with Dual Zone Control
- Touch Screen Stereo with Back-up Camera
- Remote Start
- Security Alarm
- Tailor Hitch
- 9 Amplified Speakers with Subwoofer

Additional Crew Cab Deals:

2011 1500 Crew Cab Outdoorsman • 11RC1191 • Was $44,435 **NOW $34,977**
2011 1500 Crew Cab SLT Cloth • 11RC8859 • Was $44,040 **NOW $35,277**
2011 1500 Crew Cab Sport Leather • 11RC3460 • Was $50,270 **NOW $41,477**
2011 1500 Crew Cab Laramie • 11RC9879 • Was $52,140 **NOW $39,977**

WAS $47,365 NOW **$35,477** OR **$267** BI-WEEKLY

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